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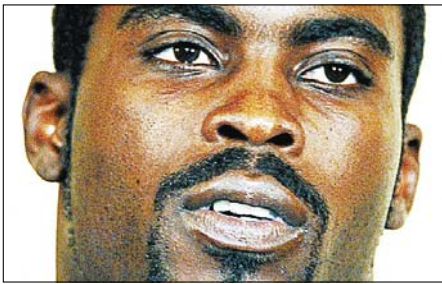
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Tuesday



Michael Vick could be released from jail in 2009.

Vick Sentenced: QB gets 23 months for dogfighting | **6**

Loyal Support: Putin backs longtime aide for presidency | **7**



Big Catch: Nationals land Lo Duca with \$5M deal | **14**

ENTERTAINMENT

First Love:

Before motherhood and activism, *Angelina Jolie* was all actress. Plus, Clash guitarist Mick Jones rocks on.

>> **17-21**



Gore Basks in Glory of Nobel Prize



VICTORIOUS: Seven years after falling just short in his presidential bid, Al Gore, seen with fellow winner Rajendra Pachauri in Oslo, Norway, on Monday, basks in the vindication of receiving the Nobel Peace Prize for his campaign against global warming. ♦ **Gore's call:** 'Make peace with the planet' | **Page 7**

Justices OK Crack Leniency

Supreme Court widens federal judges' sentencing powers

WASHINGTON | Federal judges have broad leeway to impose shorter prison terms for crack cocaine and other crimes, the Supreme Court said Monday in a pair of cases that bolster arguments for reducing differences in sentences between crack and powder cocaine.

The court, by 7-2 votes in both cases, upheld more lenient sentences imposed by judges who rejected federal sentencing guidelines as too harsh.

The decision was announced ahead of a vote

scheduled for Tuesday by the U.S. Sentencing Commission, which sets the guidelines, that could cut prison time for as many as 19,500 federal inmates convicted of crack crimes.

Justice Ruth Bader Ginsburg, writing for the majority in the crack case, said a 15-year sentence given to Derrick Kimbrough was acceptable, even though federal sentencing guidelines called for Kimbrough to receive 19 to 22 years.

The issue has a strong racial component.



Ginsburg

Kimbrough is black, as are more than 80 percent of federal defendants sentenced in crack cases. By contrast, just over a quarter of those convicted of powder cocaine crimes last year were black.

The Sentencing Commission's new guidelines to reduce the disparity in prison time for the two crimes took effect Nov. 1. Tuesday's vote is whether to apply the guidelines retroactively. (AP)



DO YOU THINK MICHAEL VICK DESERVED MORE JAIL TIME THAN HIS CO-CONSPIRATORS? **A** YES **B** NO

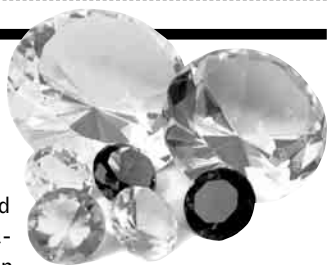
TUESDAY 58/51 **WEDNESDAY** 57/36 **THURSDAY** 48/43

eyeOpeners

HOBBIES

Creepy Park Dude Finally Feels Validated

Denis Tyrrell was walking past a hole he'd filled in while searching for gems at Crater of Diamonds State Park in Murfreesboro, Ark., when he saw a sparkle. The 3.48-carat diamond turned out to be the biggest that Tyrrell had found in regular digs that he began in March. The stone is also the 1,000th diamond found at the park this year, a mark last reached in 1994, park interpreter Kim Garland said Monday. "When I'm here and I'm walking, I'm always looking. When I'm on the ground, I'm always digging," said Tyrrell, who says he's found 131 diamonds in his many digs. He said he's been living in a tent at a local rock shop for the past nine months and works as a handyman. (AP)



POINTLESS

Let's Save This Poor Bird — To Eat Later!

The noise that Chuck Ritter, of Traverse City, Mich., heard while sitting in his living room was a turkey that crashed through a third-story bedroom window. Ritter, 83, was relaxing Saturday when

the uninvited guest arrived. He called Joe Battaglia, the on-call maintenance worker at his apartment complex, and they tried to corral the 25-pound bird as it flapped around on the carpet amid shards of glass. Ritter said after the ordeal that the turkey would make a nice dinner, and he was looking for a needy family to give it to. (AP)



MARY ALTAFFER/AP

MONEY

Penny Lake

Some mean grown-ups think pennies are a nuisance. Some even throw the coins away, which is not only mean but also a felony. The school children pictured here collected approximately 100 million pennies, across all five boroughs of New York City, then brought them to Rockefeller Center to fill this 165-foot by 30-foot "Penny Harvest Field." The proceeds — remember, pennies ARE currency — will go to various charities. (EXPRESS)

RECORDS

'Worst Papercut' Holder Feels Small

Matthew McKnight, of Connellsville, Pa., now officially holds the record for

"Greatest Distance Thrown in a Car Accident" in the Guinness Book's 2008 edition. McKnight, now 29, was thrown 118 feet by a car going 70 mph on Oct. 26, 2001, while trying to help accident victims. He spent two weeks in the hospital

and 80 days in rehab before returning to work. McKnight's emergency room physician, Dr. Eric Brader, submitted paperwork for the record. "I thought it was a big joke. Dr. Brader is known for joking around a lot," said McKnight. (AP)

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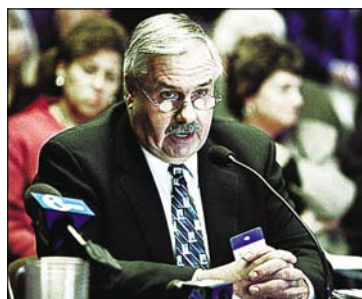
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COME AND PLAY: New York's Philharmonic is striking a diplomatic note with an adversary of the United States. The orchestra's president and executive director said the Philharmonic will perform in the North Korean capital of Pyongyang on Feb. 26.

Nation

In Brief



Advocates like Richard Kanka lobbied New Jersey to keep the death penalty.

TRENTON, N.J. Senators Vote to Abolish The Death Penalty in N.J.

The New Jersey Senate on Monday approved making the state the first to abolish the death penalty since it was reallocated by the U.S. Supreme Court in 1976. The Senate voted 21-16 to approve the bill slated for a Thursday vote by the state Assembly. With the support of the Democrat-controlled Legislature and Democratic governor, the bill is expected to be signed into law. (AP)

WASHINGTON Poll: Optimism About Iraqi Security Is Growing in U.S.

Growing numbers of people think the U.S. is making progress in Iraq, but most remain convinced the invasion was a mistake and the war will be judged a failure, an Associated Press-Ipsos poll shows. With U.S. and Iraqi casualties dropping steadily in recent months, 47 percent said this year's troop increase has helped stabilize the country, up from 36 percent in September. (AP)

Shooter Was Kicked Out of School

Police: Colo. gunman had sent hate mail to mission he attacked

COLORADO SPRINGS, COLO. | The gunman believed to have killed four people at a megachurch and a missionary training school had been thrown out of the school a few years ago and had been sending it hate mail, police said in court papers Monday.

The gunman was identified as Matthew Murray, 24, who was



Bullet holes riddle the entryway of the New Life church in Colorado Springs.

home-schooled in what a friend said was a deeply religious Christian household. Murray's father is a leading multiple-sclerosis researcher.

Five people — including Murray — were killed, and five others wounded Sunday in the two eruptions of violence 12 hours and 65 miles apart.

The first attack took place at Youth With a Mission, a training center for missionaries in the Denver suburb of Arvada; the other occurred at the New Life Church in Colorado Springs, where Murray

was shot to death by a guard.

"Through both investigations it has been determined that most likely the suspect in both shootings are one in the same," police said.

"It appears that the suspect had been kicked out of the program three years prior and during the past few weeks had sent different forms of hate mail to the program and-or its director," police said.

In a statement, the training center said health problems kept Murray from finishing the program, but did not elaborate. JUDITH KOHLER (AP)

NORMAN, OKLA. | THE ICE KEEPS FALLING



NO ESCAPE: An ice covered tree covers a car in the student housing parking area at the University of Oklahoma. A wintry storm caked the center of the nation with a thick layer of ice Monday, and more icy weather was on the way. At least 15 deaths in Oklahoma and Missouri were blamed on the conditions, with 13 of them occurring on slick highways

Harvard Expands Its Financial Aid To Middle Class

Harvard University announced Monday a major expansion of financial aid that will reduce tuition bills by thousands of dollars — even for families earning six figures.

The university said it would replace all loans with grants, and spend up to \$22 million more annually on aid, mostly targeting middle- and upper-middle class students. Families earning under \$60,000 already pay nothing to attend the world's richest university, with an endowment of nearly \$35 billion.

The announcement is the latest of a string by well-endowed universities who are trying to combat perceptions they are unaffordable. (AP)

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Nation

14

The percentage of U.S. households that have cell phones but not a traditional landline, according to an annual federal study that tracks the nation's wireless use.

Libby Calls Off His Appeal

Former Cheney aide maintains innocence in CIA leak scandal

WASHINGTON | Former White House aide I. Lewis "Scooter" Libby is no longer appealing his conviction in the CIA leak case, a tacit recognition that continuing his legal fight might only make things worse.

Libby, the former chief of staff to Vice President Dick Cheney, was convicted of perjury and obstruction but President Bush commuted his 30-month prison sentence in July. As a convicted felon, Libby will lose his law license and, in some states, cannot vote.

He might have had a chance to avoid those consequences had he won on appeal, but at a new trial his commutation would be meaningless and Libby would again face potential prison time.

"We remain firmly convinced of Mr. Libby's innocence," attorney Theodore Wells said Monday.



Former White House aide I. Lewis "Scooter" Libby was convicted of lying and obstructing an investigation into the leak of Valerie Plame's identity in 2003.

"However, the realities were that after five years of government service by Mr. Libby and several years of defending against this case, the burden on Mr. Libby and his young family of continuing to pursue his complete vindication are too great

to ask them to bear."

Libby, 57, was convicted of lying and obstructing an investigation into the 2003 leak of CIA operative Valerie Plame's identity. He was the only person to face criminal charges in the case. MATT APUZZO (AP)

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

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Nation



CRIMINAL DISPLAY: Las Vegas is building a museum dedicated to some of its founding fathers and most influential figures — guys with names like Bugsy, Lefty and Lansky. The FBI is backing the city's plan for a mob museum, which may open in 2010.

Vick Gets 23 Months for Dogfights

Judge refuses to grant a reduced sentence for disgraced football star

RICHMOND, VA. | Michael Vick was sentenced to prison Monday for running a dogfighting operation and will stay there longer than two co-defendants, up to 23 months, because he lied about his involvement when he was supposed to be coming clean to the judge who would decide his fate.

The disgraced NFL star received a harsher sentence than the others in the federal conspiracy case because of “less than truthful” statements about killing pit bulls.

Vick said he accepted responsibility for his actions, but U.S. District Judge Henry E. Hudson said he wasn't so sure.



Amanda Letterman, left, joins a protest on Monday outside the U.S. District Court in Richmond, where NFL star Michael Vick was sentenced to 23 months in prison.

“I’m not convinced you’ve fully accepted responsibility,” Hudson told Vick, who arrived in court wearing the black-and-white striped prison uniform he was issued when he voluntarily surrendered Nov. 19 to begin serving his sentence early.

Despite the early surrender, a public apology and participation in an animal sensitivity training course, Vick was denied an “acceptance of responsibility” credit that would have reduced his sentence.

Vick apologized to the court and his family members, who along with other supporters occupied most of two rows in the packed courtroom. Before the hearing started, Michael Vick’s brother, Marcus Vick, draped his right arm around their mother and comforted her as she wept.

LARRY O'DELL (AP)

Study: Missing Meals Could Be A Healthy Habit

Mormons have less heart disease — something doctors have long chalked up to their religion’s ban on smoking. New research suggests that another of their “clean living” habits also may be helping their hearts: fasting for one day each month.

A study in Utah, where the Church of Jesus Christ of Latter-Day Saints is based, found that people who skipped meals once a month were about 40 percent less likely to be diagnosed with clogged arteries than those who did not regularly fast. People did not have to “get religion” to benefit: Non-Mormons who regularly took breaks from food also were less likely to have clogged arteries, scientists found. (AP)

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"Some say I will do something unexpected during the election season, including declaring independence. ... This is completely not the case." — **Chen Shui-bian**, Taiwan's president, in an interview Monday.

World

Putin Endorses Ally as Successor

Loyal deputy PM is Russian president's pick for March election

MOSCOW | Dmitry Medvedev, the odds-on favorite to succeed President Vladimir Putin, has reaped the rewards of loyalty.

Barely 25 and fresh out of law school, Medvedev first caught the attention of Russia's future president in 1990 when both worked in St. Petersburg's city hall. For the next 17 years he was one of Putin's most trusted aides.

On Monday, that dedication paid off, with Putin's endorsement of Medvedev to become his successor in the March 2 presidential election.



Medvedev

With Putin's prestige and the Kremlin's political machinery behind him, Medvedev, 42, seems all but certain to win. "We have been close for more than 17 years, and I completely and fully support this choice," Putin said.

WHO IS MEDVEDEV?

- Age: 42; born Sept. 14, 1965 in Leningrad (now St. Petersburg), to university professors.
- Education: Graduated from Leningrad State University (now St. Petersburg State Univ.), 1987; received equivalent of law degree from same university, 1990.
- Family: Married, one son.

Medvedev, a first deputy prime minister, is considered liberal and business-friendly, compared to the

KGB veterans whom Putin has placed in other powerful posts.

Putin can count on Medvedev not to alarm Western investors, or stability-minded Russians, by bolting off in a perilous direction. A Medvedev presidency would also ensure that Putin retains influence after he leaves office in May.

Putin announced his support for Medvedev in a meeting with leaders of his United Russia party and three smaller pro-Kremlin parties. All of the party leaders told Putin they supported Medvedev. **LYNN BERRY AND VLADIMIR ISACHENKOV (AP)**



Al Gore gives his acceptance speech for the Nobel Peace Prize on Monday.

Gore Calls for Change During Nobel Ceremony

OSLO, NORWAY | Saying it's "time to make peace with the planet," Al Gore accepted the Nobel Peace Prize on Monday with a call for humanity to rise up against a looming climate crisis and stop waging war on the environment.

The U.S. and China — the world's leading emitters of greenhouse gases — will stand accountable before history if they don't take the lead in that global challenge, the former vice president said.

"Without realizing it, we have begun to wage war on the Earth itself," Gore said in his acceptance speech. "Now, we and the Earth's climate are locked in a relationship familiar to war planners: 'Mutually assured destruction.' It is time to make peace with the planet."

Gore was awarded the prize for sounding the alarm over global warming and spreading awareness about how to counteract it. His co-winner was the U.N. Intergovernmental Panel on Climate Change.

DOUG MELLGREN (AP)

In Brief



Gadhafi and Sarkozy meet on Monday.

PARIS, FRANCE

Gadhafi Cuts \$14.7 Billion In Arms Deals With Sarkozy

Moammar Gadhafi met with French President Nicolas Sarkozy Monday and cut \$14.7 billion in deals for arms and nuclear reactors on his first official visit to the West since renouncing terrorism and atomic weapons. Gadhafi's visit drew angry protests, including from France's human rights minister, who said rewarding a man accused of rights abuses was letting him treat France as "a doormat." **(AP)**

ANKARA, TURKEY

At Least 43 Migrants Die as Boat Sinks off Aegean Coast

A boat carrying illegal migrants sank off Turkey's Aegean coast and at least 43 died, an official said on Monday. The 50-foot boat sank in rough weather late Saturday off the coast of Seferihisar, said Gov. Orhan Sefik Guldibi. Six migrants were rescued and hospitalized. **(AP)**



A Kosovo Albanian boy participates in a rally for Kosovo's independence in Pristina on Monday. Several thousand Kosovo Albanians demonstrated in Kosovo's capital to press their leaders to follow through with promises for statehood.

Kosovars Anticipate Independence

Thousands march in Pristina rally as hope of statehood spreads

PRISTINA, SERBIA | Thousands of wildly cheering pro-independence demonstrators marched through Kosovo's gritty capital Monday as a sense of euphoria swept the breakaway province preparing to gain statehood early next year.

Kosovars, assured of staunch

U.S. support and a promise of recognition from all but one EU country, reveled in hopes that a decades-old dream may be within reach, despite fierce opposition from Serbia and Russia. International mediators failed to negotiate a compromise on Kosovo's future by Monday's U.N. deadline.

"Independence means so much to us. It means a new identity and a new future for Kosovo," said Agim Kastrati, a 19-year-old law student

who marched in Pristina Monday, demanding Kosovo's declaration of statehood by early 2008.

European Union foreign ministers meeting Monday in Brussels, Belgium, said they had "virtual unanimity" on recognizing Kosovo's eventual independence. Cyprus was the sole holdout.

Kosovo's outgoing prime minister demanded an "immediate and permanent" conclusion to ethnic Albanians' drive for statehood. **(AP)**

ARGENTINA | POLITICS

"The government that is coming is going to be much better than the one that's now leaving."

—NESTOR KIRCHNER

FORMER PRESIDENT OF ARGENTINA, WHOSE WIFE, CRISTINA FERNANDEZ, 54, WAS SWORN INTO OFFICE ON MONDAY.

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World

Mortar Shells Kill 5 at Iraqi Prison

Same-day explosion in Baghdad oil refinery triggers dramatic fire

BAGHDAD | Mortar shells crashed into an Iraqi prison at a major government complex Monday, landing in a cellblock and killing at least five inmates. Elsewhere, an explosive fire erupted in a storage tank at Baghdad's only oil refinery, sending smoke and flames high above the capital.

The U.S. military said an "industrial accident" caused the fire at the Dora refinery in Baghdad. But the chief Iraqi military spokesman, Brig. Qassim al-Moussawi, told The Associated Press that a rocket



Firemen stand near a fire at the Dora oil refinery in Baghdad on Monday.

triggered the blaze.

Also Monday, a suicide car bomber killed one U.S. soldier and wounded two others in Salahuddin province, the military said. (AP)

LONDON | WHOLE LOTTA LOVE FOR ZEPPELIN

STAKING OUT SEATS: Canadian Led Zepplin fans wait outside London's O2 Arena before the band's concert on Monday. About 20 million fans vied for about 18,000 tickets to the group's first full concert since 1980.

Taliban Fighters Flee Afghan Town

KABUL, AFGHANISTAN | Hundreds of Taliban fighters fled Monday as Afghan and international troops fought their way into the only important town controlled by the hard-line Islamic movement.

Afghan officers reported some militants, possibly al-Qaeda,

were still resisting in the center of Musa Qala.

They said the attacking force controlled the southern town but was moving slowly toward the center because streets were booby-trapped with improvised bombs.

DANICA KIRKA (AP)

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ASK BETSY

About Student Loans

This column, contributed by American Student Assistance®, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in *The Express* each month. You can "Ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsydc@amsa.com.

**Economic Hardship**

Dear Betsy,

I'm a 23-year-old grad student pursuing a master's degree in public communications with an emphasis in corporate and crisis communications. I went directly from undergrad to grad school so my loans went into deferment. My federal loans combined are approximately \$77,000 (not including private loans).

My program is an intensive 12-month program spanning into the summer months. Instead of completing my degree this past summer, I took a detour and pursued an international internship with a major PR agency in London with the support of my advisor and program director. I received credit from the internship towards my degree. The plan was to finish up this fall. Unexpected circumstances hindered me from completing my degree this semester. So, as of now, they have me classified as below half time, which puts my loans into repayment. Some lenders have me down as completing my degree in May, when in actuality, I haven't. I would have completed my degree in August (end of summer session) if I didn't do the London internship. Nevertheless, I'm receiving bills for collection due later this month and next month.

I'm currently doing a full-time, paid internship at a PR firm in Boston to keep my skills up to par.

With what I get paid, I surely cannot repay these loans. I talked to one lender and they told me to apply for economic hardship, but I then came to find out that I wasn't qualified because I'm just above the poverty line. Another lender told me to try to do forbearance, where I pay interest only. Well, I can't pay interest to four different lenders every month because that's more than I can handle.

I only need one class to finish up my degree, which I have registered for next semester while doing another full-time, paid internship. That still puts me below half-time status. Someone mentioned to me about internship/residency forbearance. I'm not sure what that is, how it works, or if I qualify. I'm hearing all kinds of mixed messages from different lenders, but I don't know what to do. I have worked too hard to get where I am to let my credit get messed up. I have heard too many stories of people who default on their loans and the effect it had on them. Please help.

Sincerely,
Shawn

Hello Shawn,
In order to qualify for an internship deferment or forbearance, you must be in an internship that is required for you to participate in or practice in your field. Examples of such fields generally

include medical, dental, and architecture.

You may still qualify for the economic hardship deferment if your monthly student loan payments are collectively 20 percent or more of your gross monthly income. If they are not, I would consider either doing the forbearance and paying what interest you can (what you don't pay will capitalize to your principal balance at the end of the forbearance period) or apply for a lower payment option, such as income-sensitive or extended repayment. Be aware that, just as with the forbearance, any unpaid interest will be capitalized.

You might also look into consolidating your loans, which would extend the term and thereby lower the payment, but not the interest. It sounds like you might be in a better financial position in a year or two, so such a long-term solution may not be best. Most lenders have a consolidation calculator on their websites to help you figure out the financial pros and cons to such a decision.

Let me know if this helps or if you need further guidance.

Regards,
Betsy



Have a question about student loans? E-mail me at askbetsydc@amsa.com

500

Total amount of money, in billions of dollars, that 12 countries with tigers will require yearly to save the remaining tigers, the Global Tiger Forum said Monday.

World

Ex-Peru President on Trial

Charged with murder, kidnapping, Fujimori insists he is innocent

LIMA, PERU | Waving his arms in outrage and shouting that he is innocent, Alberto Fujimori went on trial Monday on charges of using a death squad to kill leftist guerrillas and collaborators.

It is the first time in Peru's history that a former president faces a trial for crimes committed during his administration — and a rare case of a Latin American leader being tried after leaving office.

Fujimori faces charges that he authorized the 1992 death-squad slayings of nine students and a professor at La Cantuta University, and the 1991 killings of 15 people in a tenement in Lima's Barrios Altos



Peruvians watch the trial of former Peruvian President Alberto Fujimori on a TV.

neighborhood. If convicted, he faces up to 30 years in prison.

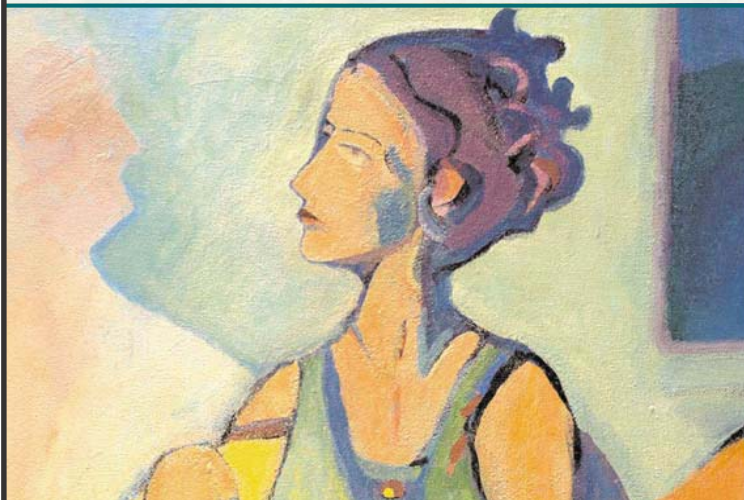
He also is charged with ordering the kidnapping of a journalist and a businessman, who were interrogated by army intelligence agents and released. Fujimori, 69, denies any involvement.

As the morning trial session

drew to a close, Fujimori spoke.

"I received a country ... almost in collapse, exhausted by hyperinflation, international financial isolation and widespread terrorism," he said, his voice cracking. "I reject the charges totally. I am innocent and do not accept the prosecutor's accusation." MONTE HAYES (AP)

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(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov> or for other studies: www.clinicaltrials.gov



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Money

22

The percentage of U.S. employers who plan to add new positions in the first quarter of 2008, according to a survey of 14,000 businesses by Manpower Inc. Twelve percent of the companies in the poll said they are planning to cut jobs.

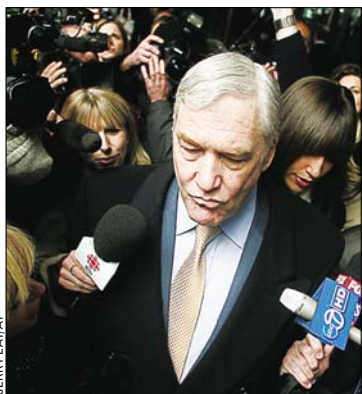
Conrad Black Gets 6.5 Years in Prison

Mogul was convicted of cheating investors in media conglomerate

CHICAGO | Former newspaper mogul Conrad Black was sentenced Monday to 6½ years in prison, far less than sought by prosecutors, for swindling shareholders in his Hollinger media empire out of \$6 million.

"Mr. Black, you have violated your duty to Hollinger International shareholders," U.S. District Judge Amy J. St. Eve told the silver-haired millionaire known throughout the newspaper industry for his lavish lifestyle.

Prosecutors had asked for as many as 30 years in prison for the Canadian-born Black, saying he had not shown "one shred of remorse" for looting the company that once owned the Chicago Sun-Times, Daily Telegraph of London, Jeru-



Conrad Black was convicted July 13 of swindling Hollinger International.

salem Post and hundreds of U.S. and Canadian community newspapers.

"Obviously, there's a great deal of relief" at the lighter-than-expected sentence, said Black attorney Jeffrey B. Steinback, who delivered a passionate appeal for leniency.

Black was given until March 3 to report to prison. MIKE ROBINSON (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NovaStr rs	3.56	+0.75	+26.7
MidwGm	3.00	+0.61	+25.5
SecCapAs	8.20	+1.34	+19.5
WCI Cmts	4.81	+0.76	+18.8
FeldmM lf	3.35	+0.52	+18.4

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
MyersInd	14.98	-6.58	-30.5
ParTech	7.30	-0.71	-8.9
PikeElec	14.44	-1.35	-8.5
HorizLns	17.87	-1.25	-6.5
AegeanMP	39.82	-2.57	-6.1

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AdamsResp	59.30	+15.62	+35.8
Cardica	10.83	+2.50	+30.0
Ampex	4.38	+0.98	+28.8
SrceIntlk	3.20	+0.66	+26.0
Iomai	1.27	-0.03	-2.3

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
KosanBio	3.31	-2.47	-42.7
NaviSite	6.15	-2.45	-28.5
ForcePro n	7.48	-2.51	-25.1
TEL Off	20.89	-6.98	-25.0
Overstk	18.74	-5.10	-21.4

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.50	7.50
Fed Funds close	4.53	4.69
3-month disc	3.00	3.03
2-year	3.14	2.83
10-year	4.15	3.89
30-year	4.61	4.35

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4887	.4922	.5122
Canadian Dollar	1.0073	1.0045	1.1498
European Euro	.6797	.6824	.7576
Japanese Yen	111.67	111.69	116.47
Mexican Peso	10.8058	10.8199	10.8338
Taiwanese Dollar	32.37	32.42	32.40

DOW NASDAQ S&P 500

+101.45	+12.79	+11.30
+0.74	+0.47	+0.75
13727.03	2718.95	1515.96

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	50.99	-1.11	-25.4
Amylin	39.10	+0.94	+8.4
BiogenIdc	73.97	-0.97	+50.4
Celgene	49.18	-8.18	-14.5
ChRvLab	64.62	+1.04	+49.4
GenProbe	63.20	-0.90	+20.7
Genentch	69.53	+1.04	-14.3
Genzyme	73.19	+0.79	+18.9
GileadSci s	47.74	+0.67	+47.1
Illumina	58.39	+0.33	+48.5
Imclone	43.10	+0.63	+61.1
Invitrogn	96.86	-1.57	+71.2
MillPhar	15.99	+0.92	+46.7
QIAGEN	22.55	+0.11	+49.0
VivusPh	25.47	-0.02	-21.0

Subprime Mess Stings Swiss Bank

ZURICH, SWITZERLAND | UBS AG will write off another \$10 billion in losses from the U.S. subprime lending market, the Swiss bank said Monday, and raise billions in capital through share sales to Singapore and an unidentified inves-

tor in the Middle East.

UBS said it will post a loss for the fourth quarter and may now record a loss for the full year as well. The bank has posted \$12.6 billion in writedowns this year as a result of the subprime crisis.

"Conditions in the U.S. mortgage and housing markets have continued to deteriorate, and we have updated our loss assumptions to the levels implied by the current distressed market for mortgage securities," Chief Executive Officer Marcel Rohner said in a statement. (AP)



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GOLDEN GOOSE: A Montgomery County jury has rejected a negligence lawsuit brought by a woman who claimed she was attacked by a Canada goose while at a shopping center in 2004, causing her to fall and break her hip.

Local

MPD Nets More Than 400 Arrests

'All Hands on Deck' program enjoys most successful weekend yet

WASHINGTON | D.C. police made more than 400 arrests and crime dropped significantly during the latest installment of "All Hands on Deck," a program that put about 3,500 officers on the streets last weekend, officials said.

Although many neighborhoods have been dealing with increases in homicides and other crimes, there

were no slayings or shootings city-wide over the weekend, said Assistant Police Chief Diane Groomes, who oversees patrol operations.

"It's been a while since we had no shootings," Groomes said, crediting the extra police presence for curtailing the gunfire.

Police Chief Cathy L. Lanier began "All Hands on Deck" in June, greatly increasing police presence in a concentrated time period in hopes of deterring crime and improving community relations. Most officers worked a pair of eight-hour shifts

between Friday morning and Sunday morning, including officers who normally work behind desks.

It was Lanier's fifth and final All Hands on Deck for the year. All told, officers netted about 2,400 arrests during the five weekends. Last weekend, many arrests were for minor crimes, but there were also some major arrests, including two for homicides.



Lanier

Groomes said the difference was that she found an extra 800 officer to put on the streets over the weekend. In prior All Hands on Deck there were about 2,700 officers on the streets.

Ward 1 Council member Jim Graham said it was "unusual" to have a weekend without shootings in his ward.

"I favor whatever provides us more police," Graham said. "For us, more police is simply better, it makes a difference."

ALLISON KLEIN (THE WASHINGTON POST)

Former School Official Pleads Guilty to Theft

WASHINGTON | A former D.C. school official who was in charge of overseeing the school system's financial integrity has pleaded guilty to embezzling more than \$46,000.

Eugene Smith admitted Monday to charges that he stole the money several months after he stopped working for the school system as director of internal audit in 2002. Smith is expected to receive a sentence of 12 to 18 months in prison. (AP)

IN The Washington Post | ARMANI THE MONKEY AND OWNER REUNITED



JAH CHIKWENDU/TWP

COME TO MOMMY: Armani, the capuchin monkey seized by Montgomery County officials in May, was returned to owner Elyse Gazewitz of Rockville, Md. Monday. Armani had been taken away after courts ruled it an animal unfit to be a pet.

❖ **Room and board:** Mont. County will reimburse Gazewitz for her \$1,300 a month monkey custody fees. | Today's Metro

3 Killed, 1 Survivor In Pre-Dawn House Fire

GAITHERSBURG, MD. | A fire swept through a home Monday in the Gaithersburg area, killing a 5-year-old boy and his mother and grandmother, authorities said.

The child's 13-year-old brother, who had been sleeping in the basement, was the only survivor, Montgomery County fire department spokesman Pete Piringer said. He was awakened by a smoke alarm about 4 a.m. and ran to a neighbor's home to call for help.

Firefighters found 75-year-old Paula Curiel and 5-year-old Adam Sanchez inside a bedroom of the one-story rambler. Guillermina "Gail" Curiel Garcia, 42, was found in the living room-dining room area.

The boy was taken to the hospital, where he was pronounced dead. The mother and grandmother died at the scene. The teenage boy, Oscar Sanchez, escaped with minor injuries. (AP)

HEARSAY | GUN BAN

"Personally I never had a problem with gun registration."

—EX-D.C. POLICE CHIEF CHARLES RAMSEY SPEAKING ON WTOP MONDAY ABOUT THE D.C. GUN BAN, ADDING, "THERE NEEDS TO BE REASONABLE CONTROL OVER HAND GUNS; [GUN REGISTRATION] IS A REASONABLE CONTROL."

The Lotteries

Monday, Dec. 10

DISTRICT

Mid-day Lucky Numbers **8-4-3**
Mid-day DC 4 **7-3-0-8**

MARYLAND

Mid-day Pick 3 **8-4-2**
Mid-day Pick 4 **0-9-9-1**

VIRGINIA

Mid-day Pick 3 **0-2-7**
Evening Pick 3 (Sun.) **0-6-5**
Mid-day Pick 4 **8-6-1-0**
Evening Pick 4 (Sun.) **4-8-9-2**
Mid-day Cash 5 **23-24-25-26-31**
Evening Cash 5 (Sun.) **21-26-27-28-32**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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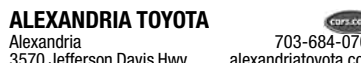
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"You know what: At the start of the season, I never thought we'd win seven games. But you never know. You never know."

— Bills owner Ralph Wilson, who, like many of us, is surprised to see his team contending.



Sports

Swengali

REDSKINS | BY MATT SWENSON

Are We Talking About Playoffs?

YOU ARE GOING TO HEAR AND READ a lot of sentences including the words "Redskins" and "playoffs" this week.

Ignore them. (After finishing this column, of course).

It's true that Washington somehow could control its own postseason destiny, and, if it wins out this season, there will likely be playoffs in the team's future. But let's not jump the gun just yet.

Remember the Redskins have lost four of their past five games. Remember the Redskins (6-7) still have a losing record. Remember starting quarterback Jason Campbell is probably out of the season. Remember there probably is a reason why Todd Collins hasn't

Remember the Redskins have lost four of their past five games ... and have a losing record.

started a regular season game in a decade. Remember the Giants, Vikings and Cowboys remain on the schedule.

At this time, we ask you to please summon former Colts coach Jim Mora's most famous press conference. "Playoffs?" he rhetorically said when asked about his team's mathematical shot at the postseason.

New York is going to want to wrap up its playoff spot this week at home against a division rival. Then comes Adrian Peterson and Minnesota in a must-win game — a loss there costs the Redskins a tiebreaker with the Vikings. Dallas will have nothing to play for in Week 17, so perhaps there will be a happy end to a bitter season.

Playoffs? The Redskins should shoot for a .500 record first.

Collins' Start 10 Years in the Making

Redskins QB is fired up on the field after a decade as a backup

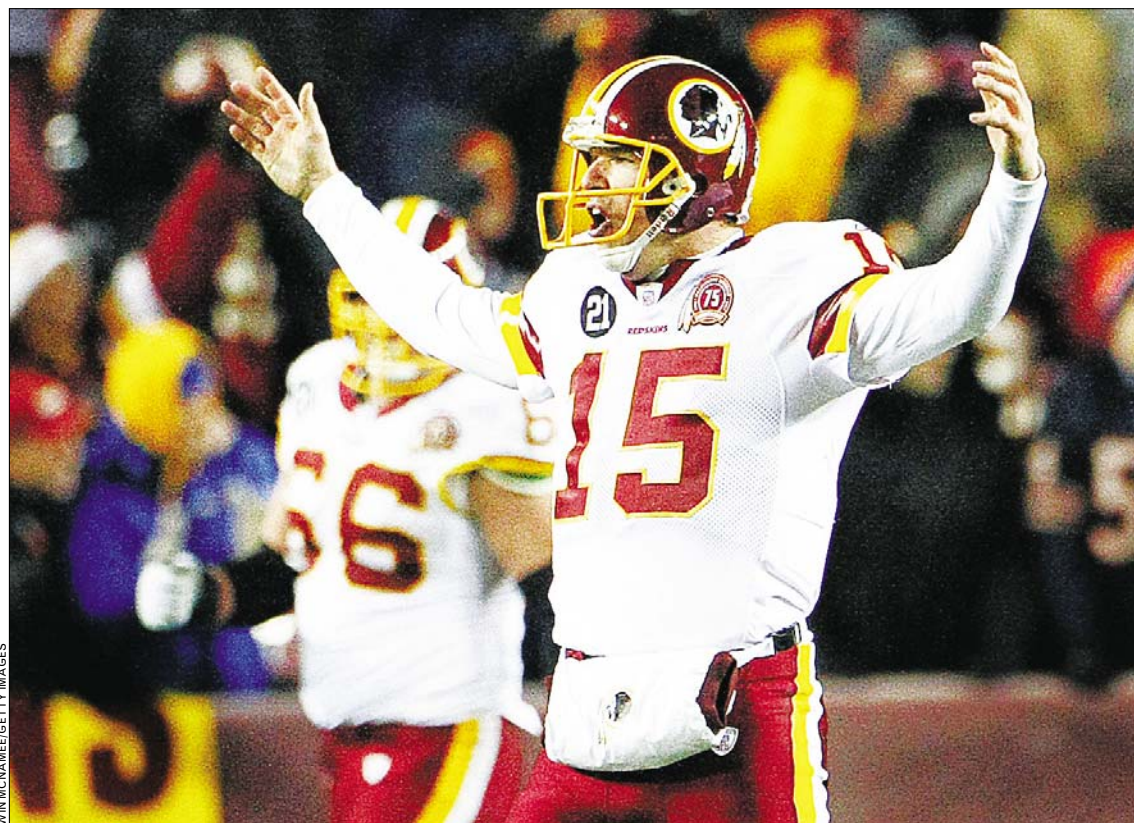
REDSKINS | It's been 10 years since Todd Collins started a game at quarterback, but, with Jason Campbell likely out for the season, the Redskins' playoff hopes are resting on the arm of longtime bench-warmer Todd Collins.

Washington (6-7) likely needs to win its final three games — all against teams jockeying for playoff position — to reach the postseason.

The hope is that Collins can come through, just as he did after Campbell was hurt against the Bears. Collins, who had not thrown a pass in three years, led four scoring drives and finished 15-for-20 for 224 yards with two TDs, no picks and a QB rating of 144.6.

"Todd was awesome in the huddle," tight end Chris Cooley said. "It was so funny; he was so pumped up. We'd get a 4- or 5-yard run and he's like, 'C'mon, let's run it down their throats.' He's fired up about a 5-yard run."

Collins can be forgiven for showing such enthusiasm; the 36-year-old quarterback had been waiting a long, long time to get on the field. His only year as a No. 1 quarterback came when he started 13 games for the Buffalo Bills in 1997. He



QB Todd Collins celebrates one of his two touchdown passes during the Redskins' win over the Bears on Thursday night.

Primetime Players

→ Next week's game against the Vikings was moved to 8:15 p.m., meaning the Redskins will play in primetime two weeks in a row. For more Redskins coverage, including an in-depth look at new starter Todd Collins, see | **Today, Sports**

IN The Washington Post

spent the next eight years playing behind Elvis Grbac and Trent Green in Kansas City, throwing only 27 passes from 1998-2005 before joining the Redskins last year.

But, while in Kansas City, he became an expert on assistant coach Al Saunders' offense. When Saunders brought the offense to the

Redskins last year, Collins helped tutor the other quarterbacks.

"I've been with Todd a long time," Saunders said. "And there was no doubt in my mind if given the opportunity that he could perform at a very high level. I think he demonstrated what he is capable of doing." JOSEPH WHITE (AP)

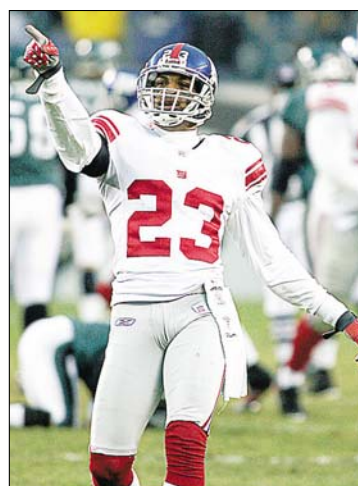
Elated Giants Are on Playoff Cusp

Win over the Redskins would secure a berth in the postseason

NFL | Until the New York Giants win a game and clinch a playoff berth, coach Tom Coughlin isn't going to talk about the postseason, resting players or even scouting potential opponents.

Coughlin is old fashioned and old school. He is not going to pat the Giants (9-4) on the back for making the playoffs for a third straight year until they do it.

"We don't have anything secured," Coughlin said Monday in refusing



Cornerback Corey Webster celebrates the Giants' win over the Eagles Sunday.

to discuss the postseason. "We are playing as hard as we can to get as good as we can to be in position to know we are playing our best football. That is not the case yet."

The playoff clincher could happen Sunday night when New York plays host to the Washington Redskins (6-7). The Giants also have regular-season games at Buffalo (7-6) on Dec. 23 and the season finale at home against New England (13-0) on Dec. 29.

If New York wins any one of those, it probably will be the top-seeded wild-card team in the NFC and likely will play the Bucs (8-5) in Tampa, Fla. in the first round.

NFC East champion Dallas (12-1) has earned a first-round bye. Green Bay (11-2) is a win away from getting the conference's other bye. Seattle (9-4) is likely to be the No. 3 seed, having a tiebreaker edge over the Bucs.

The Seahawks then would play the second wild-card team, which is now Minnesota (7-6) with three weeks to go.

"When we get down, players just keep playing and I think that is the big thing about it," Coughlin said of the team's road play. "Guys believe they can win. They believe. If we can put ourselves in position to win, we play it one play at a time, we fight for every yard, and we deal with any and all situations." TOM CANAVAN (AP)



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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Sports



Paul Lo Duca, a career .288 hitter, batted .272 in 119 games for the Mets last season.

Nats Make Splash, Signing Lo Duca

Washington lures former Mets catcher with a \$5 million deal

NATIONALS | The Nationals yesterday made the first significant free agent signing under the ownership of the Lerner family, agreeing to terms with four-time all-star catcher Paul Lo Duca on a one-year, \$5 million contract, two sources with knowledge of the deal said.

The move, which was pending a physical examination, completes a frantic 10-day period in which Washington was more active than any major league club. They traded for talented outfielders Lastings Milledge and Elijah Dukes, shipped out veteran catcher Brian Schneider and outfielder Ryan Church, and tapped Lo Duca as the man to play alongside Jesus Flores, the 23-year-old the Nationals believe will be their No. 1 catcher for years to come. Two other moves — a trade

for 23-year-old right-hander Tyler Clippard and the signing of veteran backup infielder Aaron Boone — could also impact the 2008 team.

Club officials would not comment on Lo Duca's deal, which could be formally announced as soon as Tuesday.

Both Bowden and Kastan professed a desire during the winter meetings to sign veteran players to short contracts that might help in 2008 but, more importantly, wouldn't hinder the long-term plan to build a contender in the not-too-distant future.

Lo Duca, 35, is a .288 career hitter, and he essentially replaces Schneider, who was due to make \$4.9 million in 2008, on the payroll for next season. He hit .272 in 119 games for the Mets in 2007.

BARRY SVRLUGA (THE WASHINGTON POST)

Roster shuffle: Columnist Thomas Boswell takes a look at the Nats' recent moves | **Today's Post, Sports**



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TODAY'S TV LINEUP

WIZARDS (7 P.M. ON COMCAST) The Wizards dominated the pathetic Timberwolves the last time they played. This time, the game is at Verizon Center.

NBA (8:30 P.M. ON WGN) Kevin Durant and the Sonics are in Chicago to play the Bulls.

HOCKEY (7 P.M. ON VERSUS) The Penguins head across the state to play the Flyers.

SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPN CLASSIC) First Olympique de Marseille hosts Liverpool FC. Then, SS Lazio travels to Real Madrid for more Champions League action.

27

The number of points the Patriots were favored by for Sunday's game against the Jets when the original lines were posted on Monday, which is a record. The line fell to 24 points during the day, which would match San Francisco's record point spread over the Bengals in 1993.

Sports

MLB Report Likely to Include Names

Mitchell's investigation into steroids could be released on Thursday

BASEBALL | It's easy to predict much of what George Mitchell will say: Baseball ignored performance-enhancing drugs for more than a decade, and his investigation repeatedly was slowed by the players' union.

The names Barry Bonds, Mark McGwire and Jason Giambi are sure to be included in the report, which could be released Thursday, from Mitchell's 20-month probe of ste-

roid use in baseball. To what extent, that's harder to guess.

Mitchell's big news is likely to be what additional names are linked to allegations of drug possession and use, and details documenting the accusations that he's gathered. That baseball had a culture in which the use of performance-enhancing drugs was permitted is not groundbreaking.

Hired by Bud Selig in March 2006, Mitchell probably will say all sides in baseball, not just the commissioner, allowed the sport's pharmacology problem to get out of control.

"I think the report will conclude that owners and Selig were not doing anything particularly reprehensible,"



Mitchell

former commissioner Fay Vincent said Monday. "They didn't know enough. There may have been benign neglect, but nothing more than that."

Mitchell has been given help and documents from Kirk Radomski, the former New York Mets clubhouse attendant who was required to coop-

erate with the investigation under the terms of his federal agreement last April. Radomski pleaded guilty to illegally distributing steroids, human growth hormone, amphetamines and other drugs to players.

With his cooperation, Mitchell could reveal the blacked-out names contained in the sworn statements of IRS Special Agent Jeff Novitzky attributing statements to Radomski and to former major league pitcher Jason Grimsley. Novitzky has been a key figure in the BALCO investigation that led to the indictment of Bonds on perjury and obstruction of justice charges. RONALD BLUM (AP)

Thomas Settles Harassment Suit

NBA | Madison Square Garden and New York Knicks coach Isiah Thomas have settled the sexual harassment case brought by a former team executive who was awarded \$11.6 million in punitive damages.

Terms of the settlement were not immediately disclosed.

The deal came as compensatory damages were about to be added and as Browne Sanders was preparing to return to U.S. District Court.

"As I have said before, I am completely innocent," Thomas said. "This decision doesn't change that. However, this is the best course for Madison Square Garden." (AP)

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CLIVE ROSE/GETTY IMAGES

ORGAN SERVER: Paul Haarhuis serves to Guy Forget during their final match in the BlackRock Masters at the Royal Albert Hall in London on Sunday. Haarhuis won the match to seal his third straight BlackRock Masters title.

Tinsley Will Not Be Penalized

NBA | The Indiana Pacers will not punish guard Jamaal Tinsley for his involvement in a shooting in front of a hotel.

Tinsley met with coach Jim O'Brien and team president Larry Bird on Monday, a day after the player and several companions were targeted in the early Sunday shooting that wounded the team's equipment manager. Police say the shooting followed a confrontation at a nightclub.

O'Brien said the player has the right to stay out late, and if the situation is as Tinsley describes there will be no penalties.



Tinsley

"Of course, you worry about your fans and the community and how people look at you," Tinsley said. "I made a stupid mistake."

This was Tinsley's third late-night episode in about 14 months, and the latest in a three-year string of events that have engulfed the franchise. (AP)

'80s NIGHT

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Sports

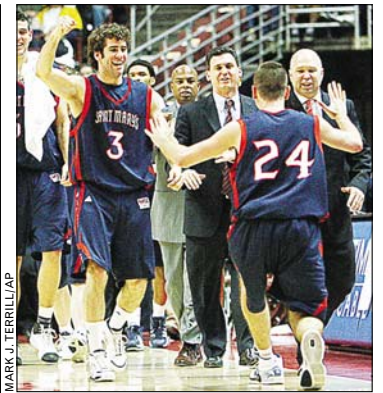
Saint Mary's Joins Gonzaga in Top 25

West Coast Conference boasts 2 teams in poll for 1st time in 25 years

COLLEGE HOOPS | After being the West Coast Conference's lone representative in The Associated Press' college basketball poll for the past decade, Gonzaga has another league member in the rankings as Saint Mary's, Calif., moved in at No. 24 on Monday.

The Gaels (7-0) were last in the Top 25 for the final three weeks in the 1988-89 season. With Gonzaga at No. 19, the WCC has two ranked teams for the first time since the beginning of the 1973-74 season.

North Carolina was No. 1 as it has been since the preseason poll, and the top six teams held their places from last week. The only newcomer was Saint Mary's, which enters the rankings off a 69-64 victory over San Diego State on Saturday in the Wooden Classic in Anaheim.



Saint Mary's players celebrate their win over San Diego State on Saturday.

The Gaels' big win this season was a 99-87 victory over Oregon on Nov. 20 and they beat Seton Hall 85-70 in a matchup of unbeaten teams on Dec. 1.

"We knew coming into it if we were capable of doing what we're doing, this was just part of the plan and it would take care of itself," guard Todd Golden said. "This is definitely not the ultimate goal but it's nice in the meantime." (AP)

Fisher Will Take Over For Bowden Someday

Offensive coordinator deemed 'head coach in-waiting' at FSU

COLLEGE FOOTBALL | Jimbo Fisher will succeed Bobby Bowden as Florida State's next football coach — someday.

President T.K. Wetherell designated offensive coordinator Fisher as "head coach-in waiting," but skipped out of a somewhat unusual news conference Monday without answering questions about the contracts that are not yet finalized.

Bowden, major college football's winningest coach, agreed to return for a 33rd season with options to stay longer.

"Every year, I'll just re-sign it and tell 'em if I want to coach another

year," Bowden said. "I couldn't ask for anything better than that."

Bowden, Fisher and interim athletic director Bill Proctor all skirted questions about what Proctor described as "agreement[s] in principle" that give "stability to our program."

Bowden, 78, said he supported the plan brought to him last week by the president and Proctor, who have both known the coach since the early 1960s.

Bowden, whose present five-year deal with the school expires in three weeks, made just over \$2 million in 2006, state records show.

RENT KALLESTAD (AP)



Fisher



NEXT UP, OSCAR: The Coen brothers' dark crime thriller "No Country for Old Men" won best film on Monday at the New York Film Critics Circle Awards — the movie's second such honor in the run-up to February's Academy Awards.

Entertainment

Actress, Interrupted

Jolie takes a moment out of her hectic life to reflect on her craft

TALENT | "I'm Angie." This is how Angelina Jolie — a woman who needs no introduction — introduces herself. Jolie is many things: a humanitarian who has been a Goodwill Ambassador for the United Nations since 2001, a doting mother to four young children. And she's an actor — and an amazing one at that.

Growing up the daughter of actors, was it a forgone conclusion you'd enter the business?

It might have been the opposite. In some ways it was good, because I remember being very conscious of how human and regular actors were; even though my dad was a successful actor, he was very much a regular person. I suppose the one good thing about being raised in it is that you don't have the illusion of actors being magic or special. You have a real sense that it's just work.

What led you to attend the Lee Strasberg Theatre Institute at 16? My mom studied with Lee Strasberg before he passed, and she loved him, so she wanted me to go there. I trained there a little bit,



BEFORE THERE WAS BRAD ... : And before four kids and a goodwill ambassadorship, Jolie was known simply as an edgy girl with a captivating screen presence.

and they put on plays. It was fun. I'm not great at theatre; I think certain people are great at it, and I don't think I have the talent that other people have when it comes to being on stage.

Do you still study acting or work with coaches?

I used to work with my mom. She was the most amazing support for an actor. She used to write letters to my characters. For "Girl, Interrupted," she bought me the hand puppet that I ended up using. If I'd do a sexy role, she'd buy me perfume. She always read the script, made a bunch of notes, and wrote these letters. She was a great person to talk to about things, and she loved the process so much. So, now I suppose I try to hear her voice in my head.

You've worked with so many amazing filmmakers. What do you hope for in a director?

The ability to be decisive. There are so many directors that seem to just not wake up sure of exactly how they're going to do something in a day, and there's a lot of people waiting for them. And it doesn't inspire confidence. I'm having the great fortune of working with Clint Eastwood right now, who's probably the most decisive human being on the planet. JENELLE RILEY (BACK STAGE WEST)



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ERIC FELTEN

All That X-Mas Jazz



1 As they have for the past few years, Eric Felten and his orchestra celebrate Christmas and native son Duke Ellington in

one jazzy swoop. The trombone player leads his band in Ellington's (with help from Billy Strayhorn) "Nutcracker Suite," a truly delightful adaptation of Tchaikovsky's ballet. Catch this D.C. tradition in the making tonight at Blues Alley.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., 202-337-4141.*



THE MOST SERENE REPUBLIC
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2 This six-man, one-woman bunch of Candian indie rockers are as chilled out as their name would indicate, but don't think that means the Most Serene Republic is dull. To read an interview with bandmember Adam Jewett, visit us online at readexpress.com.

→ *The Rock and Roll Hotel, 1353 H St. NE; 8:30 p.m., \$10; 202-388-7625. (Union Station)*

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3 "Green Light: A Sustainable Hanukkah Celebration" will use organic food and energy-efficient light bulbs to start the party.

→ *Josephine Butler Parks Center, 2437 15th St. NW; 6:30 p.m., \$5; 202-489-5278.*

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Echoes of the Mighty Clash

Mick Jones' new band rocks, sans the intensity of yesteryear

MUSIC | Often lost in the legend of the Clash — a story that tends to focus, understandably, on late front man Joe Strummer — is the brilliance of Mick Jones.

It was Jones' riffs and melodies, after all, that allowed Strummer to reach a generation, and if not for the guitarist's skills as both a pop song-

smith and genre-hopping innovator, the band would never have made it from dank London squats to American stadiums.

As leader of Big Audio Dynamite, Jones spent his post-Clash years experimenting with hip-hop and dance music, but now he's back to his roots, fronting a four-piece rock 'n' roll band.

On "The Last Post," Carbon/Silicon isn't the return to form Clash diehards want, but the project proves Jones hasn't lost interest in loud gui-



Jones remains a brilliant musician, but his sound has mellowed since the Clash.

tars and social messages.

Like Strummer in his later days, Jones has traded youthful anger for a more measured look at humanity, but he's still in the business of drawing lines between right and wrong.

What Jones lacks is Strummer's conviction. Tunes like "National Anthem" are built on pleasant, if repetitive, guitar parts, but Carbon/Silicon never takes that crucial step of letting its emotions take control. KENNETH PARTRIDGE (THE HARTFORD COURANT)

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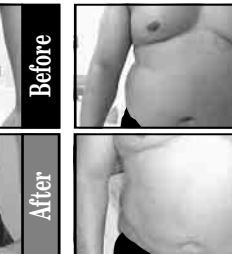
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AMERICAN GANGSTER (R) - ID REQ'D (125 500) 830
BEE MOVIE (PG) (1145 215 445) 700 915
DAN IN REAL LIFE (PG-13) 810 1040
Bella (PG-13) (250 510) 750
GONE BABY GONE (R) - ID REQ'D (1205) 1035
MICHAEL CLAYTON (R) - ID REQ'D (115 415) 715 1000

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale! I AM LEGEND (PG-13) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
Adv. Tix on Sale! HANNAH MONTANA CONCERT 3D (NR) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
THE GOLDEN COMPASS (PG-13) ★ (100 200 400 445) 700 745
AWAKE (R) - ID REQ'D (1245 300 530) 800 1020
ENCHANTED (PG) (1245 130 345 430) 645 730 930 1010
AUGUST RUSH (PG) (145 430) 730 1015
THIS CHRISTMAS (PG-13) (100 400) 700 945
HITMAN (R) - ID REQ'D (1230 245 515) 815 1030
BEOWULF DIGITAL 3D - \$2.50 FEE FOR 3D (PG-13) (215 500) 745
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (130 415) 715 1025
AMERICAN GANGSTER (R) - ID REQ'D (115 500) 830
BEE MOVIE (PG) (1230 330) 630 945
FRED CLAUUS (PG) (115 415)
DAN IN REAL LIFE (PG-13) 715 945

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale! I AM LEGEND (PG-13) ★
Adv. Tix on Sale! HANNAH MONTANA CONCERT 3D (NR) ★
ENCHANTED (PG) (100 340) 630 910
ENCHANTED (PG) (130 200 410 440) 700 730 940 1010
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (110 140 400 430) 650
AMERICAN GANGSTER (R) - ID REQ'D 720 945 1015
INTO THE WILD (R) - ID REQ'D (250) 620 950
GONE BABY GONE (R) - ID REQ'D (330) 640 1000
HITMAN (R) - ID REQ'D (115 350) 645 920
THE MIST (R) - ID REQ'D (150 450) 715 930
THE MIST (R) - ID REQ'D (120 420) 710 1005

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale! I AM LEGEND (PG-13) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
THE GOLDEN COMPASS (PG-13) ★ (130 230 415 515) 700 800
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (130 430) 730 1040
AWAKE (R) - ID REQ'D (215 450) 800 1015
ENCHANTED (PG) (100 200 400 500) 645 745 930 1030
THIS CHRISTMAS (PG-13) (115) 715
OC: THIS CHRISTMAS (PG-13) (415) 1015
AUGUST RUSH (PG) (120 420) 715 1000
THE MIST (R) - ID REQ'D (140 430) 730 1020
HITMAN (R) - ID REQ'D (200 500) 815 1040
BEOWULF (PG-13) (145 445) 745 1020
FRED CLAUUS (PG) (110 340) 645 940
AMERICAN GANGSTER (R) - ID REQ'D (100 445) 815
BEE MOVIE (PG) (115 400) 630 930

BEE MOVIE (PG)

Adv. Tix on Sale! I AM LEGEND (PG-13) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
THE GOLDEN COMPASS (PG-13) ★ (1245 145 330 430) 700 800
AWAKE (R) - ID REQ'D (215 445) 745 1020
THE MIST (R) - ID REQ'D (1245 345) 700 1000
THIS CHRISTMAS (PG-13) (115 415) 730 1015
HITMAN (R) - ID REQ'D (215 515) 815 1030
AUGUST RUSH (PG) (130) 730
ENCHANTED (PG) (100 200 400 500) 645 745 930
BEOWULF (PG-13) (200 445) 745 1030
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (115 415) 715 1015
FRED CLAUUS (PG) (100 345) 645 930
AMERICAN GANGSTER (R) - ID REQ'D (130 500) 830
BEE MOVIE (PG) (115 410) 735 1020
DAN IN REAL LIFE (PG-13) (145 400) 645 915
OC: AUGUST RUSH (PG) (430) 1010

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale! I AM LEGEND (PG-13) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
Adv. Tix on Sale! HANNAH MONTANA CONCERT 3D (NR) ★
Adv. Tix on Sale! NATIONAL TREASURE: BOOK OF SECRETS (PG) ★
THE GOLDEN COMPASS (PG-13) ★ (1230 110 325 400) 655 725
AWAKE (R) - ID REQ'D (1220 245 450) 755 1000
THIS CHRISTMAS (PG-13) (1235 330) 645 930
THE MIST (R) - ID REQ'D (1220 310) 640 925
HITMAN (R) - ID REQ'D (1215 225 440) 750 1025
AUGUST RUSH (PG) (115 410) 735 1020
ENCHANTED (PG) (1205 1250 235 340 500) 705 740 1015
BEOWULF DIGITAL 3D - \$2.50 FEE FOR 3D (PG-13) (1240 335)
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (100 350) 720 955
FRED CLAUUS (PG) (1255 345) 655 935
AMERICAN GANGSTER (R) - ID REQ'D (1155 315) 630 945
BEE MOVIE (PG) (1200 215 430) 700 920
DAN IN REAL LIFE (PG-13) 950 PM

Times F&S 20271/07

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DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:50, 4:50, 7:50, 10:40

THE GOLDEN COMPASS (PG13) ✓ 1:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20

AWAKE (R) 2:30, 5:00, 7:30, 9:50

AUGUST RUSH (PG) 2:25, 5:25, 8:25

ENCHANTED (PG) 1:10, 2:10, 3:10, 4:10, 5:10, 6:10, 7:10, 8:10, 9:10, 10:10

HITMAN (R) 1:30, 3:00, 4:00, 5:50, 7:00, 8:30, 9:30

HITMAN (R) □ 1:30, 4:00, 7:00, 9:30

THE MIST (R) 1:55, 4:55, 7:55, 10:45

THIS CHRISTMAS (PG13) 1:40, 2:40, 3:40, 4:40, 5:40, 6:40, 7:40, 8:40, 9:40, 10:35

MR. MAGORIUM'S WONDER EMPORIUM (G) 2:15, 5:15, 8:05, 10:30

FRED CLAU (PG) 1:45, 4:45, 7:45, 10:45

LIONS FOR LAMBS (R) 2:05, 5:05, 8:00, 10:25

AMERICAN GANGSTER (R) 3:50, 7:25

BEE MOVIE (PG) 2:00, 4:30, 7:05, 9:35

AMC SELECT

NOELLE (PG) 2:35, 5:30, 8:15

NO COUNTRY FOR OLD MEN (R) 1:35, 4:35, 7:35, 10:35

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

HITMAN (R) 2:45, 4:50, 7:10

THE MIST (R) 2:10, 5:00, 7:50

THIS CHRISTMAS (PG13) 2:40, 5:20, 8:00

FRED CLAU (PG) 4:00, 6:30

ELIZABETH: THE GOLDEN AGE (PG13) 2:35, 5:10, 7:40

AMC SELECT

LOVE IN THE TIME OF CHOLERA (R) 4:30, 7:30

THE DARJEELING LIMITED (R) 2:00, 4:40, 7:00

GONE BABY GONE (R) 2:50, 5:25, 8:10

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

THE GOLDEN COMPASS (PG13) 1:30, 4:15, 7:00, 9:45

AUGUST RUSH (PG) 7:40, 10:15

ENCHANTED (PG) 1:40, 4:10, 6:40, 9:10

ENCHANTED (PG) 1:40, 4:10, 6:40, 9:10

HITMAN (R) 12:25, 2:45, 5:15, 7:45, 10:05

THE MIST (R) 12:55, 3:55, 6:55, 9:55

THIS CHRISTMAS (PG13) 12:30, 1:35, 3:30, 4:30, 6:30, 7:30, 9:30, 10:15

BEOWULF (PG13) 1:15, 4:35, 7:35, 10:10

MR. MAGORIUM'S WONDER EMPORIUM (G) 12:40, 3:00, 5:20

FRED CLAU (PG) 1:20, 4:05, 7:05, 10:00

AMERICAN GANGSTER (R) 2:05, 6:05, 9:25

BEE MOVIE (PG) 12:35, 2:55, 5:25, 7:55, 10:05

TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:25, 4:25, 7:25, 10:10

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

REVOLVER (R) 2:20, 5:00, 7:30

I'M NOT THERE (R) 2:10, 5:10, 8:00

AMC SELECT

MARGOT AT THE WEDDING (R) 2:00, 4:10, 7:40

NO COUNTRY FOR OLD MEN (R) 1:40, 4:20, 7:00

BEFORE THE DEVIL KNOWS YOU'RE DEAD (R) 1:40, 4:50, 7:20

LARS AND THE REAL GIRL (PG13) 1:30, 4:30, 7:10

INTO THE WILD (R) 1:50, 4:40, 7:50

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

THE GOLDEN COMPASS (PG13) 1:45, 4:25, 7:15

ENCHANTED (PG) 1:40, 4:15, 7:00

FRED CLAU (PG) 2:00, 4:30, 7:10

LIONS FOR LAMBS (R) 7:05

AMERICAN GANGSTER (R) 2:30, 6:30

BEE MOVIE (PG) 1:50, 4:25

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 2:50, 5:35, 7:20, 10:05

THE GOLDEN COMPASS (PG13) 1:00, 2:00, 3:45, 4:45, 6:30, 7:30, 9:15, 10:15

AWAKE (R) 1:10, 3:15, 5:25, 7:40, 9:55

AUGUST RUSH (PG) 1:30, 4:15, 7:00, 9:45

ENCHANTED (PG) 1:20, 4:05, 6:40, 9:20

HITMAN (R) 12:55, 3:10, 5:30, 7:50, 10:10

HITMAN (R) □ 12:55, 3:10, 5:30, 7:50, 10:10

THE MIST (R) 3:20, 6:15, 9:05

THIS CHRISTMAS (PG13) 1:25, 4:20, 7:10, 10:00

MR. MAGORIUM'S WONDER EMPORIUM (G) 2:10, 4:30, 6:55, 9:35

FRED CLAU (PG) 1:15, 4:00, 6:45, 9:30

AMERICAN GANGSTER (R) 2:40, 6:10, 9:30

BEE MOVIE (PG) 2:35, 4:55, 10:20

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 12:50, 3:40, 6:25, 9:25

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

THE GOLDEN COMPASS (PG13) ✓ 1:45, 4:20, 7:00, 9:35

AUGUST RUSH (PG) 4:20, 7:20

ENCHANTED (PG) 1:15, 4:10, 7:05

HITMAN (R) 5:00, 7:45

THE MIST (R) 4:40, 7:30

THIS CHRISTMAS (PG13) 1:30, 4:30, 7:15

BEOWULF (PG13) 4:10, 7:15

MR. MAGORIUM'S WONDER EMPORIUM (G) 4:30

FRED CLAU (PG) 4:00, 7:00

AMERICAN GANGSTER (R) 7:10

BEE MOVIE (PG) 12:45, 3:00, 5:15, 7:30

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:45, 4:30, 7:20, 10:05

THE GOLDEN COMPASS (PG13) ✓ 1:30, 2:15, 3:15, 4:15, 5:00, 6:00, 7:00, 7:45, 8:45, 9:45, 10:20

AWAKE (R) 2:25, 4:45, 7:10, 9:30

AUGUST RUSH (PG) 2:10, 4:55, 7:35, 10:15

ENCHANTED (PG) 1:25, 2:45, 4:10, 5:25, 6:50, 8:00, 9:35, 10:35

ENCHANTED (PG) 1:25, 2:45, 4:10, 5:25, 6:50, 8:00, 9:35

HITMAN (R) 2:30, 5:05, 7:25, 9:50

HITMAN (R) 1:50, 4:45, 7:40, 10:35

THIS CHRISTMAS (PG13) 2:00, 4:50, 7:40, 10:25

MR. MAGORIUM'S WONDER EMPORIUM (G) 2:05, 4:35

FRED CLAU (PG) 1:40, 4:25, 7:15, 10:00

LIONS FOR LAMBS (R) 1:55, 4:20, 6:40, 9:10

AMERICAN GANGSTER (R) 3:00, 6:30, 9:55

BEE MOVIE (PG) 2:40, 5:10, 7:30, 9:55

DAN IN REAL LIFE (PG13) 12:55, 3:10, 5:30, 7:50, 10:20

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:35, 4:25, 7:20, 10:15

LOVE IN THE TIME OF CHOLERA (R) 7:05, 10:10

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

BEOWULF: DIGITAL 3D (PG13) 1:50, 4:50, 7:40, 10:15

THE GOLDEN COMPASS (PG13) ✓ 1:30, 2:35, 4:15, 5:10, 7:00, 8:00, 10:20

AWAKE (R) 1:00, 3:10, 5:15, 7:35, 9:55

AWAKE (R) 1:00, 3:10, 5:15, 7:35, 9:55

AUGUST RUSH (PG) 1:25, 4:35, 7:35, 10:25

ENCHANTED (PG) 1:40, 4:30, 7:30, 10:20

HITMAN (R) 3:00, 5:20, 10:30

I'M NOT THERE (R) 1:05, 4:00, 7:05, 10:10

THE MIST (R) 1:35, 4:40, 8:10

THIS CHRISTMAS (PG13) 2:15, 5:25, 8:25

LIONS FOR LAMBS (R) 5:00, 10:00

AMERICAN GANGSTER (R) 1:20, 5:05, 8:05

BEE MOVIE (PG) 1:45

AMC SELECT

NO COUNTRY FOR OLD MEN (R) 1:10, 4:20, 7:30, 10:30

LOVE IN THE TIME OF CHOLERA (R) 4:05, 7:50

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MAN BEHIND THE 'MUNKS: Ross Bagdasarian found a who-woulda-thunk niche.

Squeaky, Lucrative Rodents

**Ross Bagdasarian
made his family rich
by way of Alvin**

EAR ACHE | On a hilltop overlooking the Pacific Ocean stands a Spanish-style mansion. This is the house that Alvin built.

Alvin, of course, is the cute cartoon chipmunk who, with his brothers Simon and Theodore, has a penchant for mischief and a gift for song.

Alvin and the Chipmunks have been entertaining generations of fans with their music and antics for nearly 50 years. It all started with a novelty song written by Ross Bagdasarian called "Duel With the Witch Doctor," which had a catchy refrain, "OO EE OO AH AH," in a sped-up singing voice. It was an instant hit, which prompted Bagdasarian to scribble another catchy tune using the same technique.

The story goes that Bagdasarian narrowly missed hitting a tiny chipmunk while driving through Yosemite National Park. The chipmunk's

bravery — he merely stopped and seemed to stare down the driver before moving on — inspired Bagdasarian. The sound became the voice of the Chipmunks, who had a hit with "The Chipmunk Song (Christmas Don't Be Late)," in the summer of 1958.

The creatures were named after executives at Liberty Records, Bagdasarian's label, and "The Chipmunk Song" sold millions of copies, won three Grammys, and spawned albums and a TV show.

Bagdasarian died unexpectedly in 1972, which might have spelled the end of the Chipmunks, but his son, Ross Bagdasarian Jr., and Ross Jr.'s wife, Janice Karman, revived the franchise in the early 1980s. Now, the "munks," as they are affectionately known, are starring in their first live-action/CGI comedy.

"Alvin and the Chipmunks" opens with the chipmunks discovering the human world after their pine tree is cut down and hauled to the lobby of a record company at Christmastime. Fearful of this unfamiliar environment, the trio stow away in a basket carried by a passerby, who happens to be down-on-his-luck songwriter Dave Seville. As played by Jason Lee, Dave unknowingly takes the Chipmunks home, where the creatures wreak havoc in his kitchen. Then Dave discovers that they can talk and sing, and the group's adventures begin. ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



AY YAY YAY! VH1 has ordered a series featuring aspiring telenovela stars. In "Viva Hollywood!" bilingual contestants will learn the "7 Deadly Sins of Telenovelas"—passion, lust, charisma, drama, fire, seduction and scandal—to impress judges.

Television

ON TV TONIGHT

HEADED TO THE DISCO

A detective finds himself transported to 1973 in the smart series **LIFE ON MARS** (8 p.m., BBC America), making its second-season debut with a two-hour episode.

MISSING THE POINT

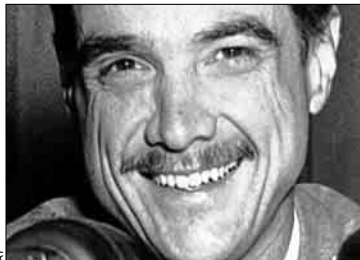
DIVINE DRESSES WITH THE KNOT (8:30 p.m., Style) celebrates expensive gowns and their designers and acquisitive brides who think of their weddings as “their Oscars.”

ECCENTRIC FELLER

HOWARD HUGHES REVEALED (9 p.m., National Geographic) looks at troubled billionaire.

JESUS AND PREGNANCY

Jena Malone, Mandy Moore and Macaulay Culkin star in the 2004 com-



THE AVIATOR: Explore Howard Hughes' twisted mind on **National Geographic**.

edy **SAVED!** (9 p.m., Oxygen) set at a Christian high school.

TARGET AUDIENCE ... ?

TWISTER SISTERS (10 p.m., WE) is the first documentary-style series to explore the female-bonding aspects of tornado chasing.

The Real Orange Housewives

Tonight on Bravo: Women covered in excess self-tanner

SHALLOW | Documented female bonding of another sort takes place on “The Real Housewives of Orange County” (10 p.m. Bravo), or, as we say in our house, the Real Housewives with the Fake Boobs of Orange County.

This show documents the lives of silicone-injected and self-absorbed women who seem to share an unnatural pallor. They're not quite yellow like the characters on "The Simpsons," but their faces are not exactly



CLASSY BROADS: Nose and boob jobs run rampant on "Housewives."

as nature intended them.

A new creature named Quinn Fry joins the fray. She's 50-ish with two kids and has been divorced for 14 years. She likes us to know that she's dating a man in his 40s and another in his 20s. In her words, that makes her a "cougar." The other gals in her botoxed bevy appear shocked when her latest prey, Jared, shows up and he's only 26. Rrol|www!

It's hard to get too agitated about the "Housewives." After all, the folks at Bravo know exactly what they are doing, and they fully expect a vast portion of the audience to find the "Housewives" as dreadful as I do.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

12.11.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	[4] News (N) [CC]		NBC Nightly News	Access Hollywood	Deal or No Deal (N) [CC]		The Biggest Loser (N) [CC]		Law & Order: Special Victims Unit [CC]		News (N) [CC]	Tonight Show	
	WTTG	[5] News (N)	TMZ (N) [CC]	The Simpsons [CC]	Seinfeld [CC]	Bones [CC] (PA) [CC]		House "Merry Little Christmas" [CC]		News (N)		News (N)	TMZ [CC]	
	WJLA	[7] News (N) [CC]	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Shrek the Halls	Pooh Christmas	According to Jim	According to Jim	Boston Legal "No Brains Left Behind"		News (N) [CC]	(3:5) Nightline (N)	
	WUSA	[9] News (N) [CC]	Evening News	News	Entertainment	NCIS "Skeletons" [CC]		Cane "Hurricane" (N) [CC]		Cane "The Perfect Son" (N) [CC]		News (N) [CC]	Late Show	
	WDCA	[20] Judge Judy (N) [CC]	Judge Joe Brown	King of Queens	King of Queens	★★ "Miracle on 34th Street" (1973, Musical) Jane Alexander. [CC]				Every-Raymond	King of the Hill [CC]	Law & Order: Criminal Intent [CC]		
	WMPT	[22] The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors-Class	Nova "Deadly Ascent" [CC] (DVS)	Frontline "Inside the Teenage Brain"				American Masters [CC]		Burt Wolf: Taste	
	WETA	[26] BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Bill Moyers Journal "Buying the War" [CC]					Bruce Springsteen With the Sessions Band			
	WHUT	[32] World Business	Tavis Smiley [CC]	BBC World News	Moneywise	Sammy Davis Jr. Live in Germany [CC]				Visions of Italy	BBC World News	Tavis Smiley [CC]	Charlie Rose (N) [CC]	Brenda Watson
WDCW	[50] My Wife and Kids	Family Guy [CC]	Two/Half Men	Friends [CC]	America's Next Top Model [CC]			Victoria's Secret Fashion		Family Guy [CC]	Friends [CC]	Two/Half Men	Sex and the City	
BASIC CABLE	A&E	Cold Case Files [CC]		CSI: Miami "Money for Nothing" [CC]		CSI: Miami "Bloodline" [CC]		CSI: Miami "Rush" [CC]		CSI: Miami "Just Murdered" [CC]		Paranormal State	Paranormal State	
	Animal	The Crocodile Hunter [CC]		Swamp Cats [CC]		Growing Up... "Black Leopard" [CC]		Ocean's Deadliest		Animal Precinct "Finding a Home"		Swamp Cats [CC]		
	BET	106 & Park: BET's Top 10 Live Bow Wow;			Omarion. (N)	Keyshia Cole			★★ "Woman Thou Art Loosed" (2004) Kimberly Elise, Loretta Devine. [CC]			Keyshia Cole: The Way It Is [CC]	Hell Date [CC]	Hell Date [CC]
	Bravo	Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives		Real Housewives		
	Comedy	(5:00) ★★ "Dr. Jekyll and Ms. Hyde"		Scrubs [CC]		Scrubs [CC]		Daily Show		Colbert Report		Chappelle's Show		
	Court	World's Wildest Police Videos [CC]		Cops [CC]		Cops [CC]		Cops [CC]		Cops [CC]		World's Wildest		
	Discovery	How It's Made		How It's Made		Man vs. Wild "Jungle" [CC]		Dirty Jobs Mushroom farming. [CC]		Dirty Jobs Barrel making.		Everest: Beyond the Limit (N)		
	DISCH	Code Blue [CC]		Trauma: Life in the ER [CC]		Paralyzed and Pregnant [CC]		Dr. G: Medical Examiner [CC]		Jon & Kate Plus 8		Jon & Kate Plus 8		
	Disney	Cory in the House		Cory in the House		Hannah Montana		Zack & Cody		★★ "A Goofy Movie" (1995) Voices of Bill Farmer.		That's So Raven		
	E!	Child Star Con.		Chelsea Lately		E! News (N)		The Daily 10 (N)		Dr. 90210 Adult film star.		Kardashians		
	FX	(4:30) ★★ "Are We There Yet?"		★★★ "Kingdom of Heaven" (2005) Orlando Bloom, Eva Green. A young knight protects Jerusalem from invaders.		Nip/Tuck "Dr. Joshua Lee" (N)		(:02) Nip/Tuck "Damien Sands"						
	HGTV	Small Space		If Walls Could		House Worth?		House Hunters		Designed to Sell		My Kitchen		
	Family	8 Simple Rules		8 Simple Rules		Jack Frost [CC]				"Holiday in Handcuffs" (2007) Melissa Joan Hart, Mario Lopez. [CC]				
	History	Modern Marvels: Batteries [CC]		Modern Marvels: The Junkyard [CC]		Modern Marvels: Wiring America		The Universe (N) [CC]		Mega Disasters "Comet Catastrophe"				
	Lifetime	Reba [CC]		Reba [CC]		Still Standing [CC]		Still Standing [CC]		Reba [CC]		Reba [CC]		
	MTV	(4:30) The Hills [CC]		The Hills [CC]		Super Sweet		Run's House [CC]		A Shot at Love With Tila Tequila [CC]		A Shot at Love With Tila Tequila (N)		
	NICK	Drake & Josh [CC]		Drake & Josh [CC]		Zoey 101 [CC]		Ned's School		Drake & Josh [CC]		Full House [CC]		
SCI FI	Stargate SG-1 "Sacrifices" [CC]		★★ "The Hulk" (2003) Eric Bana, Jennifer Connelly. Scientist Bruce Banner transforms into a powerful brute.		ECW (Live)		Flash Gordon "Conspiracy Theory"							
SPIKE	CSI: Crime Scene Investigation [CC]		CSI: Crime Scene Investigation [CC]		CSI: Crime Scene Investigation [CC]		CSI: Crime Scene Investigation [CC]		CSI: Crime Scene Investigation [CC]		CSI: Crime Scene Investigation [CC]			
TBS	Friends [CC]		Every-Raymond		Every-Raymond		Every-Raymond		Family Guy [CC]		Family Guy [CC]			
TLC	Flip That House		Flip That House		Crazy Christmas Lights [CC]		London Ink [CC]		London Ink (N)		Miami Ink "Through Thick and Thin"			
TNT	Law & Order "License to Kill" [CC]		Law & Order "Fear America" [CC]		Cold Case "Offender" [CC]		Cold Case "Torn" [CC]		Cold Case "Cargo" [CC]		Saving Grace [CC]			
USA	Law & Order: Special Victims Unit [CC]		Law & Order: Criminal Intent [CC]		★★ "National Treasure" (2004, Adventure) Nicolas Cage. A man tries to steal the Declaration of Independence. [CC]		Law & Order: Special Victims Unit [CC]							
VHI	I Love New York [CC]		I Love New York [CC]		40 Greatest Reality Moments 2 [CC]		Top 40 of 2007 (N) [CC]							
SPAN.	TELEM	Daniela	Noti-Telemndo	12 Corazones		Madre Luna		Victoria		Pecados Ajenos		-Al Rojo Vivo!		
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón (N)		Amar sin Limites (N)		Pasión		Ver Para Creer		Primer Impacto		
SPORTS	ESPN	SportsCenter (Live) [CC]		E:60 (N)		SportsCenter Special (N)		SportsCenter Special (N) [CC]		SportsCenter (Live) [CC]				
	ESPN2	Chasing Glory		Football Live		NASCAR Busch Series Awards (N)		Billiards: Men's 9-Ball Champ.		NBA Coast-to-Coast (Live) [CC]		Varsity Inc.		
	CSN	SportsNite [CC]		SportsNite [CC]		NBA Basketball Minnesota Timberwolves at Washington Wizards. (Subject to Blackout) (S Live)		SportsNite [CC]		SportsNite (Live) [CC]		Washington Post Live		
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight [CC]		Out in the Open		Larry King Live [CC]		Anderson Cooper 360 [CC]				
	FNC	Special Report (Live) [CC]		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) [CC]		Hannity & Colmes (Live) [CC]		On the Record-Van Susteren		The O'Reilly Factor		
	MSNBC	Tucker		Hardball [CC]		Countdown With Keith Olbermann		Live With Dan Abrams		Lockup: Holman		MSNBC Investigates		
MOVIES	AMC	(5:00) ★★ "Open Range" (2003, Western) Robert Duvall. 'R' [CC]				★★★ "Troy" (2004, Adventure) Brad Pitt, Eric Bana, Orlando Bloom. Achilles leads Greek forces in the Trojan War. 'R'				Md Max-Thndr				
	TCM	(5:15) ★★ "The Misfits" (1961) Clark Gable. 'NR'				MGM Parade				★★★★ "How Green Was My Valley" (1941) Walter Pidgeon. Premiere. 'NR'				
	HBO	(5:45) ★★ "Message in a Bottle" (1999) Kevin Costner. 'PG-13' [CC]				★ "Deck the Halls" (2006) Danny DeVito. 'PG' [CC]				PS I Love You				
	MAX	★★ "Snakes on a Plane" (2006) Samuel L. Jackson. 'R'				(4:45) ★★ "V for Vendetta" (2006) Natalie Portman. A vigilante fights a fascist government. 'R'				★★ "The Omen" (2006, Horror) Liev Schreiber, Julia Stiles. [CC]				
	SHOW	"Rx" (2005, Drama) Eric Balfour. iTV. [CC]				★★ "Yours, Mine & Ours" (2005) Dennis Quaid. 'PG'				Dexter "Left Turn Ahead" (iTV) [CC]				
	TMC	(4:10) ★★ "Sister Act 2: Back in the Habit" (1993) Whoopi Goldberg. [CC]				★★ "The Lost City" (2005) Andy Garcia. Revolution shatters a Cuban club owner's family. [CC]				★★ "Land of the Blind" (2006) Ralph Fiennes. 'R' [CC]				
	STARZ!	(4:40) ★★ "All the King's Men" [CC]				(6:50) ★★ "Blade" (1998, Horror) Wesley Snipes, Stephen Dorff. [CC]				★★ "Catch and Release" (2007) Jennifer Garner. [CC]				
ENCORE	(4:05) ★★ "Sister Act 2: Back in the Habit" (1993) Whoopi Goldberg. [CC]				★★ "Underworld: Evolution" (2006, Horror) Kate Beckinsale. [CC]				★★ "The Fog" (2005) Tom Welling. [CC]					
									★★★★ "Young Mr. Lincoln" (1939) Henry Fonda. Premiere. 'NR'					
									★★★ "The Omen" (2006, Horror) Liev Schreiber, Julia Stiles. [CC]					
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Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

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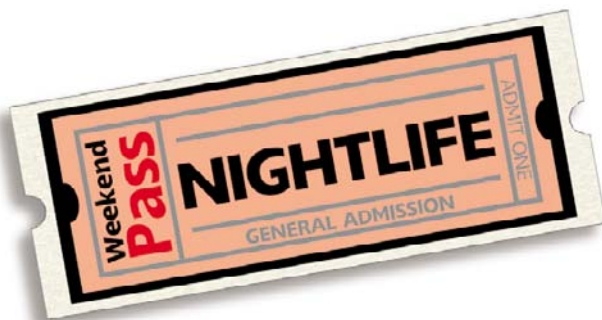
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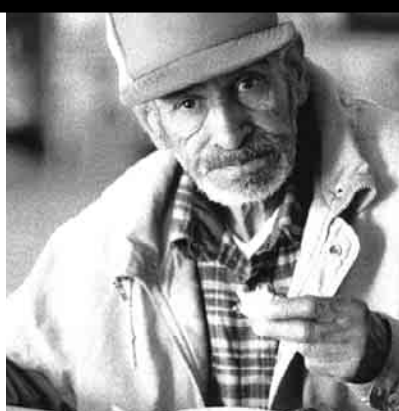
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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Food

Culinary experts bring unique 'umami' flavor to the American diner

Americans are taught from an early age that there are four basic tastes — sweet, salty, sour and bitter. But what describes the taste of chicken soup?

To an increasing number of chefs and food-industry insiders, the answer is "umami," dubbed "the fifth taste." First identified by a Japanese scientist a century ago, umami has long been an obscure culinary concept. Hard to describe, it is usually defined as a meaty, savory, satisfying taste.

To understand the taste of umami, imagine a perfectly dressed Caesar salad.

But now, in the wake of breakthroughs in food science — and

amid a burst of competition between ingredient makers to create new food flavorings — umami is going mainstream. Chefs including Jean-Georges Vongerichten are offering what they call "umami bombs," dishes that pile on ingredients naturally rich in umami for an explosive taste.

Packaged-food companies like Nestle, Frito-Lay and Campbell's Soup are trying to ramp up the umami taste in foods like low-sodium soup to make them taste better, while the nation's mushroom farmers are advertising their produce to chefs as an ideal way to get the umami taste.

The food industry is embracing umami as part of an effort to deliver highly flavored foods to consumers while also cutting back on fat, salt, sugar and artificial ingredients.

At the same time, more consumers are scrutinizing food labels for chemical-sounding words and unhealthy ingredients.

To understand the taste of umami, imagine a perfectly dressed Caesar salad, redolent of Parmesan cheese, minced anchovies and Worcestershire sauce; or slurping chicken soup; or biting into a slice of pepperoni-and-mushroom pizza. The savory taste of these foods, and

INSIDE

Gift wrap that's not tacky! | 35



Live Online: Wilbon talks Michael Vick | 36

People: 'Hills' star says cast re-enacts parts | 38



GENE J. PUSKAS/AP

'Fifth Taste' Sensation

UMAMI IN A BOTTLE: Ketchup contains the unique and satisfying "fifth taste."

additive that adds umami taste to food, much as sugar makes things taste sweet.

MSG, which was first manufactured by the company Ajinomoto in 1909, is made through a complex process that involves fermenting corn glucose and other raw materials.

Today, MSG appears in everything from McDonald's sausage and chicken meals to supermarket items like Campbell's soup, Doritos chips and Kraft macaroni and cheese. KATY MCLAUGHLIN (THE WALL STREET JOURNAL)

the full, tongue-coating sensation they provide, is umami.

While umami is a relatively new concept in this country, it has been well known in parts of Asia for nearly 100 years. It was identified in the early 20th century by Kikunae Ikeda, a Japanese scientist who coined the name umami

(pronounced "oo-MA-mee") using the Japanese term for "deliciousness." He found that foods with the umami taste have a high level of glutamate, an amino acid and a building block of protein.

Mr. Ikeda developed and patented a method of making monosodium glutamate, or MSG, a processed

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Stirring Up a Change

Business

Craft brewers fight laws and distributors for control of sales

Last fall, Larry Bell yanked the beers made by his small Michigan brewery out of Chicago, where they enjoyed a loyal following, rather than see the rights to market them there sold to another distributor. He worried that his specialty beers would get lost among the distributor's mass-market brands.

"I didn't feel that they were the right fit for us," says Mr. Bell, who founded his brewery, now based in Comstock, Mich., in 1985.

Last week, Mr. Bell quietly re-entered the Illinois market with a new brand, even though he expects to be sued by his former distributor, National Wine & Spirits Inc.

Mr. Bell found two distributors, Central Beverage Co. and Schamberger Brothers Inc., in the Chicago area who were willing to take on his



UNIQUE BREWS: An array of craft beers lines the shelves of one enthusiast. As specialty beers gain popularity, craft brewers are attempting to dump distributors.

Craft beer has become the industry's fastest-growing segment.

new Kalamazoo Royal Amber Ale, despite the possibility that they'll be sued, too.

The maneuver is perhaps the most audacious in a string of recent efforts by small-batch "craft" brewers in the U.S. to try to assert more control over how their beer is sold as they gain in popularity — and clout. The craft brewers are using this new influence to stir up changes with beer distributors.

Other brawls have erupted in New York and Texas.

The fights stem from the nation's complex regulations for selling alcohol. Under laws that date to the repeal of Prohibition in 1933, beer generally must be sold through distributors.

Producers like Bell's Brewery sell the brew to a distributor, which

marks up the price and trucks it to a bar, restaurant or store, which then sells it to a consumer. The system was designed to keep alcohol producers from running bars and restricting consumer choice.

States were given authority to regulate alcohol sales within their borders. Many, including Illinois, have enacted so-called franchise laws, designed to protect distributors from being dropped arbitrarily by a brewer after they have spent considerable resources building a brand.

The laws prevent a brewer from terminating a distributor except under certain circumstances, such as fraudulent business dealings.

Distributors, on the other hand, generally have the power to sell distribution rights, whether the brewer likes it or not.

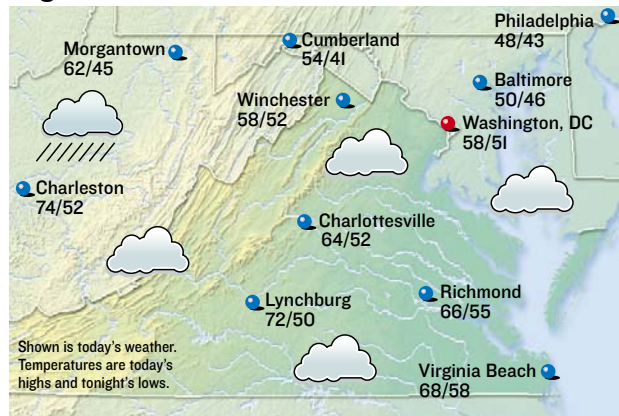
Historically, craft brewers have made relatively little fuss over distributors, in part because they have been happy to have companies willing to hawk their brands.

But now, at a time when craft beer has become the industry's fastest-growing segment, some small brewers are taking greater control over their destinies. They are attempting to dump their distributors or fighting moves to sell distribution rights — often over allegedly poor service. DAVID KESMODEL (THE WALL STREET JOURNAL)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Mostly cloudy	Cloudy, a shower possible	Cloudy, showers	Partly sunny	Cloudy, colder, rain
58°	51°	57° / 36°	48° / 43°	52° / 34°	43° / 30°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	54°
Low	42°
Normal high	48°
Normal low	33°
Average humidity	83%

Precipitation

24 hours ending 4 p.m.	0.12"
Month to date	0.96"
Normal month to date	0.99"
Year to date	30.61"
Last year to date	46.27"
Normal year to date	37.29"

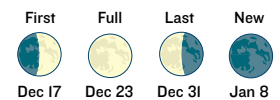
For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

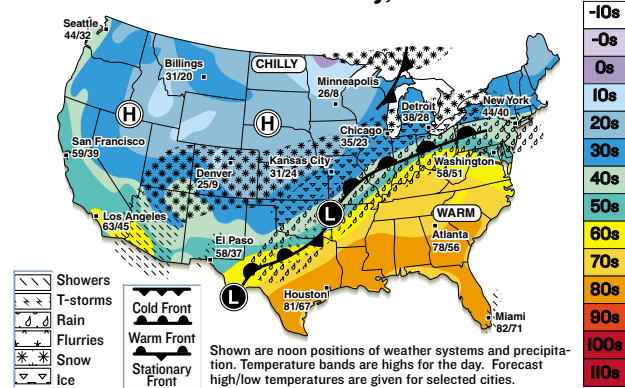
D.C. Metro: Today, mostly cloudy. High 58. Wind light, variable. Tonight, mostly cloudy. Low 51. Wind light, variable.

Sun and Moon

Sunrise today	7:16 a.m.
Sunset tonight	4:46 p.m.
Moonrise today	9:10 a.m.
Moonset today	6:18 p.m.



National Weather for Tuesday, December 11



National Cities

City	Today	Wed.
Atlanta	Hi/Low/W 78/56/s	77/56/c
Boston	38/34/pc	42/25/pc
Chicago	35/23/i	33/25/c
Dallas	62/47/r	49/40/t
Denver	25/9/sn	37/15/pc
Honolulu	82/71/pc	82/71/pc
Los Angeles	63/45/s	64/46/s
Miami	82/71/pc	81/71/s
New York City	44/40/r	44/29/c
Orlando	82/62/s	81/62/s
Seattle	44/32/c	43/34/c

World Cities

City	Today	Wed.
Amsterdam	46/38/pc	45/36/pc
Athens	59/48/sh	59/46/t
Berlin	40/30/sh	39/30/c
Buenos Aires	82/63/s	84/66/s
Calgary	30/15/c	29/14/pc
Dublin	50/43/pc	54/41/sh
Geneva	42/31/sh	35/25/c
Moscow	32/25/c	28/23/c
Rome	54/39/sh	53/39/pc
Sydney	73/63/pc	72/63/pc
Tokyo	56/47/sh	59/50/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOKout



WRAP SESSION: Unusual papers and ribbons, such as these from Papyrus, help create packages for different personalities.

That's a Wrap

Homemade papers, recyclable bags and other gift-y goodies

Reusing that old bag of bows in the back of your closet? Call yourself environmentally conscious.

The green trend is extending to the holidays, with giftwrap a primary offender. Experts expect more interest in recycled paper for gift-wrap this year, and companies are jumping on that trend.

Gift-givers are also turning gift wrapping into a trendy way to send a personal message. "Influences like Martha Stewart and publications such as Real Simple have certainly increased interest in consumers adding their own touches to their gift presentation," said Frank Cirillo of American Greetings Corp.

Here are a few of this year's gift wrap trends:

Personalized Packaging

Gift-wrapping has turned into a form of expression, said Joey Diaz, vice president of marketing at Papyrus. Givers want packages to reflect the personality of the recipient, he said, leading them to attach special ornaments, flowers or trim that hint at the surprise inside.

"Consumers have often taken a great deal of time to find the perfect gift, and they want the presentation to reflect this sentiment," Cirillo said.

Crafty Creations

Handmade roll paper and gift bags are big sellers this year, Diaz said, possibly because shoppers are drawn to the unique look of craft

wraps that can't be mass produced. The patterns on such papers do not repeat exactly, making the human touch visible to those who look closely. Blueprint magazine suggests creating custom designs with rubber stamps and craft paper.



This American Greetings bag, left, would be fab for vino. Fwrap, right, will make eco-pals all warm 'n' fuzzy.

A Green Christmas

Giant trash bags full of ripped wrapping paper are starting to grate on people who don't want their pretty packages to create more waste.

More people are asking for recycled wrapping paper and will be recycling it after use, Cirillo said. He and others in the industry weren't sure how the reuse trend would affect sales. But American Greetings is issuing paper specifically designed to be recyclable, without the glitter or other frills that can't be broken down and recast as other paper products. A new fabric gift wrap company, Fwrap, is selling reusable fabric wrappers.

Big Is in for the Little

Gifts for children tend to be on the larger side, and this year, the patterns on the wrap are sized to match. While adult gift presentation runs the gamut from wraps to boxes, bags or other packages, children's presents are overwhelmingly still wrapped, Cirillo said.

"Parents, aunts, uncles and grandparents enjoy the traditional suspense of children tearing into brightly wrapped packages," he said, and for the season, that paper will probably be decorated with big, bold patterns to catch kids' attention.

Enveloped Gifting

For the picky friend who must control every purchase, a gift card is often the solution. Presenting the impersonal piece of plastic is a long-standing problem that just might have a solution, with more retailers offering creative card containers.

Deidre Parkes of Hallmark Cards Inc. said the company is increasing its collection of innovative gift card holders because the cards continue to grow in popularity.

ALISON LAPP (AP)

Holiday



Ode to Holiday Sets

Holiday makeup gift sets are like family reunions for all the cosmetics you own separately. How happy they look, reunited at last! Such sets can also be viewed as a revolt—perhaps your eyeshadows have unionized and are demanding better working conditions, such as large, sparkly boxes. In the case of the \$36 **URBAN DECAY DELUXE SHADOW BOX**, above, the cover is adorned with silver mesh. HOLLY J. MORRIS (EXPRESS)

Home



Water Shortage

Quick, what looks like a spray bottle full of water, smells like a spray bottle of water, and cleans a car only marginally better than a spray bottle of water? For 20 smackers, we'd hoped that the **ECO TOUCH WATERLESS CAR WASH KIT** (Ecotouch.net) would work better. The two included microfiber towels wiped away grime just as well with the tiniest splash of water as with the spray, which contains a mysterious "plant-derived formula of soaps, polymers, and lubricants." Even our Windex bottle is more honest about what's inside. On the bright side, we'll never again waste water on a car wash now that we know about microfiber cloths. RACHEL KAUFMAN

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site specifics

MUSIC

Dream Theater

White Magic's music comes from "a realm of dreams," says singer Mira Billotte. The Brooklyn-based freak-folk-band splits the difference between Jefferson Airplane and Pharoah Sanders. Express contributor Aaron Leitko interviewed the group before its DC9 show Tuesday. | [COMING UP](#)



FREE RIDE

Matchbox Plenty

In the past, Washington's singles used matchbooks to exchange phone numbers, while restaurants offered them as mementos. But nearly one year after D.C.'s smoking ban went into effect, Express contributor Marc Zewel wonders: Are matchbooks striking out? | [ONLINE NOW](#)



ENTERTAINMENT

The Sound of Sandwich

Like Broken Social Scene, the Most Serene Republic is a big rock band with an even bigger sound. Express contributor Katherine Silkaitis spoke with rather hungry vocalist Adrian Jewitt before his group's gig at Rock & Roll Hotel on Tuesday. | [COMING UP](#)



comment board

“I think they’ll do it, and based upon how they have built the team, they deserve to do it.”

AN ANONYMOUS COMMENTER, WHO ADDED, “I WOULD LOVE TO SEE THE DOLPHINS GO 0-16, TOO! MAYBE [DOLPHINS OWNER] WAYNE HUIZENGA WILL START TO REGRET FIRING DAVE WANNSTEDT.

“Not much time left. Who do you think they have left to play that can pull it off?”

COMMENTER PMMJ, WHO ADDED, “PERSONALLY, I’M JUST TIRED OF HEARING ABOUT THEM. ESPECIALLY AFTER LAST WEEK.”



“[The Patriots] are going undefeated this year. And the Dolphins will make up for losing sole claim to this record by getting rid of Tampa Bay’s claim on the defeated season record.”

COMMENTER ME, RESPONDING TO MONDAY’S POLL CENTER QUESTION, “DO YOU THINK THE NEW ENGLAND PATRIOTS WILL GO UNDEFEATED THIS SEASON?”

poll center

YESTERDAY’S RESULTS AS OF 5 P.M.

DO YOU THINK THE NEW ENGLAND PATRIOTS WILL GO UNDEFEATED THIS SEASON?

YES 74%

NO 26%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“He’s not just a guy, he’s a man! And why’s that? Because he has a mortgage. And he’ll tell you about his mortgage as fast as he can ...”

SHANNONSTAMEY.BLOGSPOT.COM CLASSIFIES THE KINDS OF MEN WHO TRY TO PICK UP WOMEN AT AREA BARS, INCLUDING GUYS WHO LIKE TO WOO LADIES WITH MORTGAGE TALK.



“I AM SORRY that I was forced to undo the brilliant prankster’s work, as

I noticed a sales associate heading towards me, and I decided it was probably best not to be caught trying to view deviant sex acts on the store’s iPhone model.”

THEDCUNIVERSE.BLOGSPOT.COM DISCOVERED AN IPHONE MODEL AT THE TYSONS CORNER APPLE STORE SET TO LOOK AT A QUESTIONABLE YOUTUBE VIDEO.

“You’re going from a meticulously planned diet ... to bologna [and] orange drink and free weights. Look at Jamal Lewis. He went in for four months and wasn’t the same for about two years.”

A DEADSPIN.COM COMMENTER WONDERS IF MICHAEL VICK WILL BE A GOOD FOOTBALL PLAYER WHEN HE’S RELEASED FROM PRISON.

“HE DIDN’T WAKE UP and no one else who got on bothered to wake him... [H]e was still blissfully unaware 10 minutes later when I got off. I wonder how long [it was] before he woke up, poor chap.”

A COMMENTER FROM TOKYO AT LONDON-UNDERGROUND.BLOGSPOT.COM TELLS A STORY REACTING TO NEW STATION-SPECIFIC STICKERS THAT TIRED, SLEEPING COMMUTERS CAN WEAR ON THE TUBE.

“SEN. BARACK OBAMA will have to demonstrate the one element lacking in his campaign so far: Killer instinct. He must demonstrate that his campaign will not repeat the errors of Gore and Kerry and while standing for unity, not allow the venom of the opposition to hang unchallenged ...”

LEFT-LEANING OLIVERWILLIS.COM IS SUPPORTING BARACK OBAMA’S ‘08 RUN.

Discussions

Michael Wilbon

Post columnist **MICHAEL WILBON** was online Monday and talked about Michael Vick’s sentencing, the Mayweather fight, and the Redskins playoff chances.

Do you think Vick will ever be a star in the NFL again and how hot of a commodity will he be when he is released?

Clearly, Michael Vick will not be back in an NFL uniform until 2010 at the earliest. And I’m not about to speculate as to whether he’ll be a star in the league or even play

again. We don’t even know what nearly two years in jail will do to his thinking, to his evolution as a man, much less as a professional athlete.

What did you think about Floyd Mayweather’s destruction of Ricky Hatton?

Mayweather looked great, but Hatton was a disappointment to me. He wasn’t as skilled as the boxing experts suggested. Hatton was rough, but unpolished. He was a back-alley brawler, might even do well in UFC, but as a boxer? He couldn’t put together combinations, couldn’t land the left jab. Mayweather was simply a step up from Hatton.

Who gets credit for Tony Romo?

It would seem Bill Parcells and his staff should get most of the credit for prepping Tony Romo ... and Romo himself, of course. Wade Phillips and his staff, particularly Garrett, have built on what Parcells started. But let’s not go Elway yet. If the Lions weren’t such chokers they’d have recovered that fumble that Romo coughed up and there would have been no comeback. I know all QBs need some good fortune, but Romo put it on the ground and Detroit should have won that game.

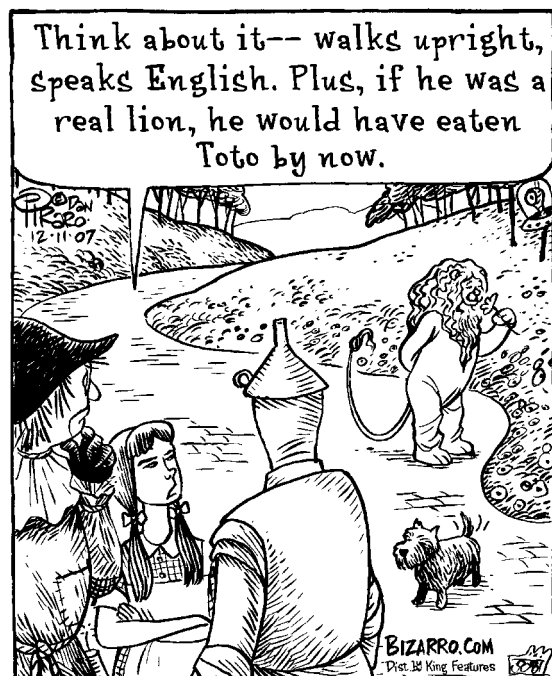
TODAY ON DISCUSSIONS:

Phillip Swann, president and CEO of TVPredictions.com, discusses the latest HDTV technologies at 1 p.m. | washingtonpost.com/discussions.

DO

EXPECT A NEW LOOK AT LANDMARK MALL. According to WTOP, the Alexandria mall will be undergoing a process known as “de-malling,” designed to turn aging, outdated, indoor malls into outdoor, vibrant, tree lined streets. A transit center and performing arts center could also be included in the plan.

Bizarro | Dan Piraro



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Cornered | Mike Baldwin



"You'll have to back out. We don't have a drive-through."

Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) It's important to listen to what others have to say. You can learn much that will serve you well in days to come.

CAPRICORN (Dec. 22-Jan. 19) Power and strength are not all that matters; you'll find there is a place for sensitivity, generosity and genuine caring, too.

AQUARIUS (Jan. 20-Feb. 18) The financial picture may confuse some, but you will seem to have a handle on even the most subtle and complex developments. Share your knowledge.

PISCES (Feb. 19-March 20) You can trust your friends to keep your counsel and never wrong you. Closeness and mutual respect are the watchwords of the day.

ARIES (March 21-April 19) You may find yourself involved in a competition of sorts with someone who has a great deal in common with you. Try working together.

TAURUS (April 20-May 20) You're more likely to respond to the promise of finan-

cial gain than many other individuals, but don't let it become an all-consuming passion.

GEMINI (May 21-June 20) Someone may object to your plans, but he or she will have to admire the way you go about putting them in motion. Nothing can hold you back.

CANCER (June 21-July 22) Someone you know may be taking a rather immature approach to a difficult problem. It's time once again to come to the rescue.

LEO (July 23-Aug. 22) You have much more to give at this time than anyone expects. Take the time to process information carefully, and to share it freely as needed.

VIRGO (Aug. 23-Sept. 22) You may feel as though you've been left out in the cold, but the fact is that you have not done all you can to keep up. Pick up your pace.

LIBRA (Sept. 23-Oct. 22) You may have to pick up the pace in order to meet a special deadline. Be sure to take care of all details in the proper order.

SCORPIO (Oct. 23-Nov. 21) You're ready to have things your own way, but you may have to make one last sacrifice before all your ducks are neatly in a row.



William Kennedy Smith was acquitted of sexual battery in Florida on this day in 1991.

Today in History

1792 France's King Louis XVI goes before the Convention to face charges of treason. (Louis was convicted, and executed the following month.)

1816 Indiana becomes the 19th state.

1936 Britain's King Edward VIII abdicates the throne to marry American divorcee Wallis Warfield Simpson.

1941 Germany and Italy declare war on the United States; the U.S. responds in kind.

1991 A jury in West Palm Beach, Fla., acquits William Kennedy Smith of sexual battery, rejecting the allegations of Patricia Bowman.

2006 In his farewell address, U.N. Secretary General Kofi Annan criticizes the Bush administration, warning that America must not sacrifice its democratic ideals while waging war against terrorism.

LOOK out People



DAN STEINBERG/AP

The giant head of Paris sees all!

CREEPY Paris Attempts Surreal Performance Art, Fails

PARIS HILTON aided an injured Oompa-Loompa in a nightclub accident Saturday in Miami, *People.com* reported. This was not a real Oompa-Loompa, of course, but Robin Sherwood, a performer dressed as an Oompa-Loompa. Sherwood badly cut his leg, and Hilton stayed by his side until the ambulance arrived. (EXPRESS)



MATT SAYLES/AP

REPLICAS

'I'm a Fake Person'

"The Hills" star **LAUREN CONRAD** admitted to Entertainment Weekly that some scenes in the show are re-enacted. "I mean, it's not lying to anyone, it's telling what really happened, but it's just the way they film reality shows," she said. (EXPRESS)



DRAMA The Troops Are Still Entertained, Just for Free

The organizer of a concert honoring U.S. troops said former "American Idol" finalist **JESSICA SIERRA** was dis-invited from performing. Sierra, 22, is being held without bail at the Hillsborough County jail in Tampa, Fla., on charges of disorderly intoxica-

Troops check *People.com* every day!

tion and resisting arrest. "While we appreciate Ms. Sierra's past efforts to support U.S. troops ... it is quite obvious that Ms. Sierra needs to devote a great deal of time to putting her life back together," said Retired Air Force Lt. Col. Buzz Patterson. (AP)

DESPERATE 'You're the Only Normal People Who'll Talk to Us!'

TOM CRUISE and **KATIE HOLMES** have taken in their second Spice Girls concert, *People.com* reported. The couple, who are friends with Posh Spice (Victoria Beckham) and her husband, David Beckham, saw the show in Los Angeles and again, three days later, in Las Vegas. (EXPRESS)



The woodland creature in line behind them frantically looked for an exit.

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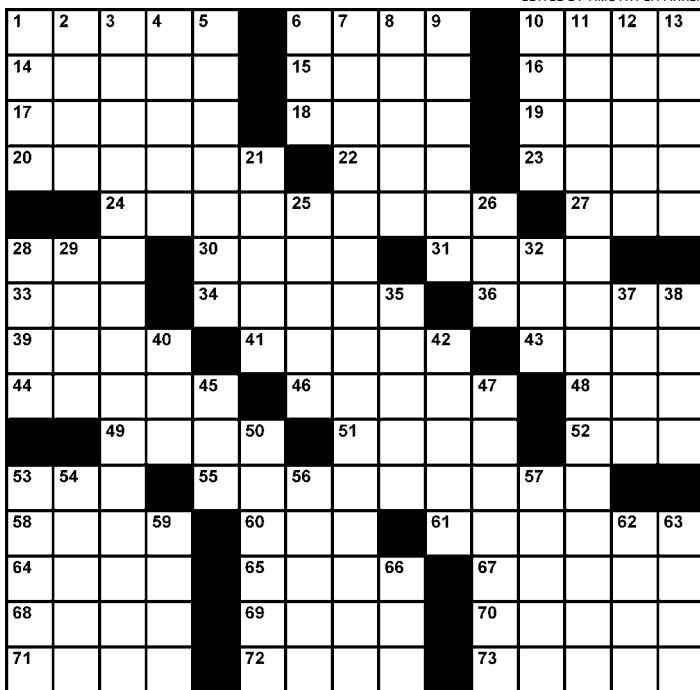
- 1 Cobbler's concerns
6 Brown or black animal
10 It returns your calls
14 "Lost Horizon" director
15 First word of "The Raven"
16 Stable sound
17 Unhidden
18 In the saddle, e.g.
19 "When in ___, do ..."
20 Some barbershop quartet members
22 Cockney's location?
23 Windows customer
24 Like the Elks
27 Segment of history
28 ___-mo
30 Equestrian sport
31 Mexican fare
33 It's taken in
34 Gets around?
36 Young hopper
39 Runs off at the mouth
41 Uncomfortably full
43 Saturday night fella
44 Emulate a jester
46 Pasture animal
48 Actor Hopkins, for one
49 Bristle-like structure
51 Possible roster ender
52 Eastern newt
53 "Entourage"

character Gold

- 55 Star search?
58 "The ___ Before Time" (1988)
60 "State" starter
61 Big week in TV
64 Think tank matter
65 Threadbare or tattered clothing
67 Four-wheeled flop
68 Main point
69 Molar malady
70 Rizzo in "Midnight Cowboy"
71 Pinocchio's outstanding feature
72 Hirsute mystery man
73 Single-masted vessel

DOWN

- 1 Dumbarton denizen
2 Privileged person
3 Store sign
4 It may need correction
5 Ancient Persian governors
6 Feathery scarf
7 Director's directive, perhaps
8 Snack for Chip or Dale
9 What two dots and two lines mean, in music
10 Off-white shade
11 Ignore
12 "Walk-off" game-ender
13 Kathleen Battle's bag
21 Train line list

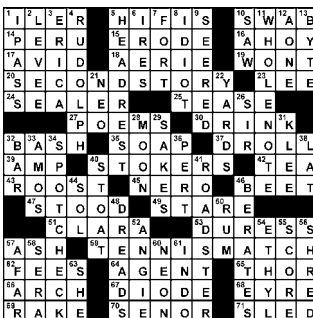


EDITED BY TIMOTHY E. PARKER

- 25 Inventor Howe
26 Film-processing place
28 Long historical novel
29 Neeson of "Kinsey"
32 Type of reporter
35 Look after
37 Inexperienced one
38 Mongolian tent
40 Map dir.
42 Campus wheels
45 Greek house letter
47 Folks in a rut?

- 50 Off the track
53 Put in order
54 Speech carrier, in a way
56 Tiny amount, as of an element
57 Symbol of bravery
59 Calendar heading
62 It might buy 31-Across
63 ___ sink
66 Humpback's kin

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

2	1	9	4	8	5	6	3	7
5	6	7	3	9	2	4	8	1
3	8	4	1	6	7	2	9	5
9	4	8	5	2	1	7	6	3
1	5	3	9	7	6	8	4	2
6	7	2	8	3	4	5	1	9
4	2	6	7	1	3	9	5	8
7	9	1	6	5	8	3	2	4
8	3	5	2	4	9	1	7	6

1			2	7				
		3		1	6		8	9
						7		
3				6				1
	2						3	
5				9				6
		5						
6	7		1	2		4		
				5	8			2

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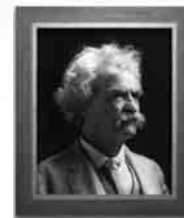
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Harriet Tubman
Abolitionist
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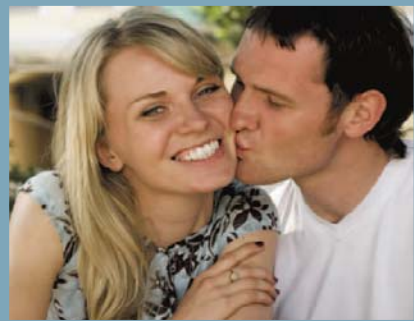
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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



I'm What They Want, Except They Don't

Q Women have been very cruel to me, at least the ones willing to date me. I've been dumped twice on the spot for men my date had just met, and I've been lied to constantly. The only woman who ever told me her hesitations lied to me about what they were. I'll be the first to admit I'm not perfect. I'm shy, I'm not the best-looking, I'm never going to rule the world. I'll never be rich. I think my worst fault is that I'm not dramatic. I think this bores women; they don't find it challenging. I've met women online, offline, through friends, etc., and the result has always been the same — me being cruelly dumped. I have the misfortune of being the guy women claim they want: kind, caring, stable and in search of commitment. —TIRED OF BEING DUMPED

There are three possible scenarios that come to mind.



"Well, since you asked... It's not me. It's YOU."

ERIC REECE

- a) There is something about your behavior — or who you're choosing to date — that is begetting less-than-stellar treatment;
- b) There is something about your interpretation of their treatment that sees it as worse than it is;
- c) You have had a stroke of luck worse than Wile E. Coyote.

I can't tell you which scenario it is, or whether it's a sampling of

the buffet. But what I can tell you is that, as long as you view this as a perpetual cycle, it will be harder to start fresh and truly examine your behavior.

To paraphrase a certain Prince, you don't have to be rich to get a girl, nor do you have to be — or should you be — a drama-king commitment-phobe (which sounds about as enticing as a fungus sundae).

You've got to figure out the reason for the wall that seems to have been built between you and kind, decent, women who excite you. It's impossible to guess what that wall is made of, but if you really want to find out, a counselor can jump-start the process — as can giving yourself a dating break, examining your non-romantic relationships for clues and taking some time to just live as you.

Finding the Right Help

Q I've been remarried for over three years and have just been re-activated in the military. I recently hurt my wife emotionally: she found out that I've visited a dating service and that I chat and e-mail on bi-sites. Needless to say, I feel terrible about what I've done to her both emotionally and spiritually. I've hurt my soul mate badly! I've come to the conclusion that I need to seek out help. How can I get it confidentially? —LOST MY SOUL MATE

Being willing to seek out help — and hopefully realizing that there


are many issues to be addressed here, beyond the damage that has been done to your wife — is a very positive step.

It's unclear to me if you are near your wife or even in the U.S., but if you are, there are plenty of confidential options for you, individually or, if she's willing, jointly.

Ask your physician for referrals, or check out your jurisdiction's community mental health centers, your insurance listings, a local university's psychology graduate training program and apahelpcenter.org.

If you have access only to military counseling, I would highly encourage you to still use it. In the informed consent process you can become perfectly clear on the limits to confidentiality, and you can choose to censor yourself as needed.

The most important part is that you take advantage of your readiness to gain insight and try to repair some of the damage that has been done.

 Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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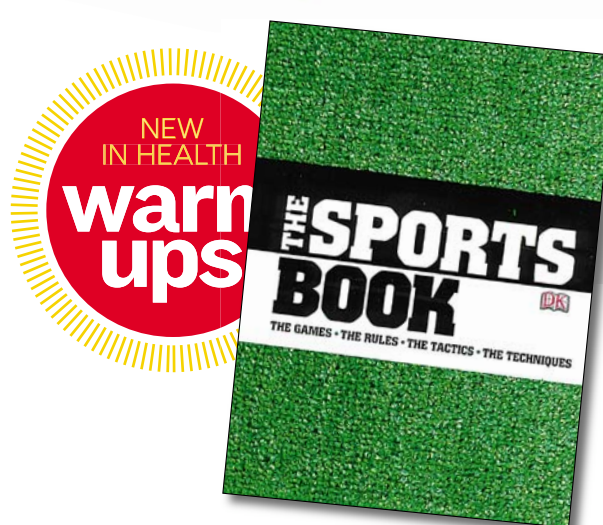
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FIT FLASHBACK

The buzzcut has grown out, but otherwise, Susan Powter is just as wacky as she was in her '90s heyday — just go to the new Susanpowteronline.com. She posts healthy recipes and video clips, and answers questions in a haiku-ish style. As the site screams, she's "Stopping the Insanity Better than Ever!"



MIX MASTER

We tried Kellogg's K2O Protein Water way back in the day. It was a little gross. The new Crystal Light-esque mix (three flavors, \$4.50 for seven, drugstores) was much more to our liking. Each 30 cal. packet can flavor a 16.9 fl. oz bottle of water, adding 5 grams of protein.



HEAR ON EARTH

Want to answer your cell while wearing headphones? Swap AirDrives (\$100, Airdrives.com) into your iPod. The buds sit outside your ear, allowing you to hear ambient noise along with your tunes. The sound quality is top-notch, but you'll notice approaching cars when you jog.



MAJORITY RULES

Everyone wanted to play pétanque, but you didn't know how. They suggested pelota, then jianzi — nope. Finally, they just played sepak takraw without you. Next time, have "The Sports Book" (\$35, DK) on hand — it contains rules and techniques for more than 200 sports.

Lord of the Ping

■ Most Wii sports games (tennis, bowling) bring an activity one does outside the home into the living room. Rockstar Table Tennis (\$40, Best Buy) brings a game one plays in the basement into the living room. Not as cool.

It's not, as we expected, a smaller version of Wii Tennis. The controls are completely different — before we took the in-game tutorial, it was "like watching ping pong being played by very small children with poorly developed motor skills," one observer said.

After we figured out the controls, Table Tennis didn't take long to master. Unlike other Wii games, timing is not important; "you can swing whenever you want" and still hit the ball, noted one tester. It's enjoyable to watch others make amazing plays on hard-to-reach balls as the generic techno music builds in intensity, and the game allows for good trash-talking. Plus, we all left with sore shoulders — the sign of any good Wii sport. IAN HERBERT (EXPRESS)

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"Laser increased hair over 40%." *Allure Magazine April, 2007*

Laser studies show hair growth in Norwood Stage four thru sixth FDA study 2007

"Break thru in women's hair loss solutions." *Women's World May 2007*
"Laser is a powerful adjunct in battle against hair loss." *Healthy Aging Dr. Melamed February 2007*

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THE MISFITS

Running For It

Q Could you offer any advice to a recreational runner who logs about 15 to 20 miles a week? I am trying to shave off some precious minutes for an upcoming 10K and have so far despaired of most of the advice that I have encountered. Is there any consensus that I am overlooking? I'm not trying to add miles, simply to run my existing regimen at a faster pace. —BOB

■ The consensus, I'm afraid, is that you're being lazy. "He wants results without work," says Adina Wadsworth, president of the Washington Running Club. Catholic University's men's cross-country coach Mark Robinson suggests tacking a few miles onto your weekly running schedule. Upping to 30 miles a week (only an extra 1.5 miles a day) will boost your endurance and speed, he says.

Or swap one of your shorter runs for a track session targeted to interval training. That's less fun than a leisurely jog, but it'll give you a better sense of your pace. Notes Wadsworth, "We have a saying: The only way to run faster is to run faster." At the very least, says Wadsworth, you should try fartlek. No, that's not another jab at your slacker ways. The term is Swedish for "speed play," and it's basically unstructured intervals. When you feel the moment is right, turbocharge for a minute or two before resuming your regular pace.

Another tip from both experts: Get a buddy. "You're pushing, encouraging and supporting each other," Robinson says. "So it's less drudgery." Speedy pals will get you chasing them, while slowpokes can boost your confidence so you'll dash even faster. The final advice from Robinson is to go into race day with a firm pacing strategy. "People often pick numbers because they sound good, not because they have a connection to the speed they've been training for," he says. Keep it reasonable, and you'll be happier crossing that finish line.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The MisFits at misfits@washpost.com.



Keep Your Cool in Cold

Quit hibernating and get outside — it just takes the right preparation

Some D.C. exercisers are like the U.S. Postal Service. Neither rain, nor snow, nor hail shall keep them from lacing up their sneakers or hopping on their bikes. A chilly morning definitely isn't going to slow them down — and it shouldn't.

"There's no reason to say, 'It's December. I'm not going to do anything outside again until April,'" says Jan Schoenbauer, a local coach for Team In Training (Teamintraining.org), the Leukemia

& Lymphoma Society's marathon and triathlon preparation arm. Her gang gathered for their first practice run this past Saturday morning, and they'll do it again each week through the frigid weather of January, February and March. Treadmills are a drag, Shoenbauer says, and a winter jog can be every bit as pleasant as an early June jaunt.

That's a lesson Mark Crick, co-owner of Balance Gym (2200 California St. NW; 202-797-0021; Balancegym.com), has been trying to teach his outdoor boot camp students. A recent convert to running in nippy temperatures ("I can go longer and faster when it's cold!" he proclaims), Crick plans to get outside as much as possible. "We'll

make it a shorter route, so we're not so far from the gym," he explains. And he's making sure everyone is equipped with his favorite weapons: a hat and gloves.

Dressing for the weather is the most critical part of outdoor exercise. So, when it comes to convincing people to brave the elements, Ashby Robertson, REI's Outdoor School Market Supervisor for the D.C. region, focuses on outfitting participants properly before sending them off camping, backcountry cooking or GPS tracking. That means a wicking layer next to the skin, an insulating layer to keep in heat and an outer layer to block wind, notes Ross Faith, an outerwear sales specialist at the REI in

Fairfax. "A lot of people start with hiking, just to get that foot out the door," Robertson says. "And then they see they can still function in these conditions."

What gets folks into trouble is sweating, especially in cotton clothing that holds moisture, because that can make body temperatures plummet. And it's easy to forget that hydration remains key, even when

“There's no reason to say 'I'm not going outside again until April.'”

you're not drenched in sweat. "Those ice crystals that look so cool when you breathe out? That's water," Robertson says. Ashby advises taking a backpack to tote layers and water bottles. (Or a thermos — hot tea both warms and replenishes H₂O.)

Also, think about where and when you're attempting your winter outdoor exercise. Shoenbauer reminds that you don't have to stick to the same schedule all year. In the winter, you might want to head out in the afternoon instead of the morning to take advantage of the sunlight and the few extra degrees of warmth. Certain trails handle icy conditions better; she's a fan of the C&O Canal and The Mall, because they aren't as slick as sidewalks. Chris Lipnickey, sales manager for Capitol Hill Bikes (709 8th St. SE; 202-544-4234; Capitolhillbikes.com), prefers mountain biking in the winter: "When you're in the woods in the winter, trees block the wind for you."

When it's too snowy to stick to your regular routine, be creative. Dragging a sled up a hill repeatedly is cardio, says Ashby. "The point is to enjoy the winter, not suffer through it," he says. VICKY HALLETT (EXPRESS)



BODY TALK

Three Easy Sprain Savers

■ Your risk of ankle sprains increases with age, but these exercises from Jayne Snyder, a former vice president of the American Physical Therapy Association, can help you prevent them. Do each 3 times a week.

1. The Crane: Sit in a chair with 5 rolled socks in front of you. With the toes of your right foot, pick up each sock, and move it 12 inches. Switch feet.

2. The Inchworm: Still sitting, spread a towel lengthwise on floor. Starting with the end closest to you, use your toes to slowly scrunch the towel, like an accordi-



on. Do twice with each foot.

3. Balance Beam: Stand one-legged on a folded towel for 30 seconds, feeling the muscles in your lower leg and ankle working to stabilize your body. Do 3 times on each foot. For more of a challenge, try it with your eyes closed.

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The Whole Non-Hog

'Skinny Bitch' books claim that going vegan will make you thinner

In their 2005 book "Skinny Bitch" (\$14, Running Press), Rory Freedman and Kim Barnouin used tough-girl 'tude (and potty-mouth language) to try to convince folks they'd get thin by going vegan and cutting out "gross vices" like soda ("liquid Satan"), sugar and booze. Now, the gals, who insist that "drinking equals fat-pig syndrome" and "coffee is for pussies," are back with "Skinny Bitch in the Kitchen" (\$15, Running Press), a collection of vegan recipes like fake crab cakes and no-fowl "chicken" soup.

How'd you guys come to veganism?

KB: Rory did it first, and she saw how horribly I'd eat. I'd eat things



Rory Freedman and Kim Barnouin insist ditching meat will help you lose weight.

out of a can, fast-food. But eight years ago it clicked. The more I changed my diet, the better I felt.

RF: I used to eat meat. Then I saw a magazine with photos of slaughterhouses about 14 years ago, and I decided to never to eat another cow, pig or chicken. I thought,

"This is going to suck." Then I couldn't believe how much more energy I had!

Why write in such a sassy tone?

KB: It's the way we talk to each other as friends. I'm always studying nutrition books, and usually



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they're just not written in a compelling way. We thought humor would be a way to hold people's attention.

What kind of misconceptions do people have about vegans?

RF: That it's all sprouts, rocks and sand.

KB: They don't think vegans are normal — they think we're hippie crazy people. Really, this way of eating does so much for the environment and animals. We're trying to make it a little more mainstream.

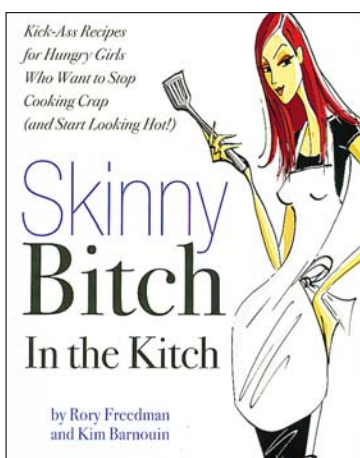
How does going vegan make you thin?

RF: If you're eating right, I think your weight just sorts itself out.

KB: On our Web site (skinnybitch.net), we keep hearing people have lost everything from 10 lbs. to 80 lbs. Readers say giving up dairy and soda helped them lose weight and cleared up their skin.

What's so bad about dairy anyhow?

RF: Go two weeks without dairy, then eat a piece of pizza. You'll see a dif-



ference. It'll give you stomach pains and make you feel lethargic.

What if somebody want to see health benefits but not go completely vegan?

KB: Give up the soda, especially diet soda! There's just nothing in there that you need.

OK, you must miss some foods from your past lives, right?

KB: I never really had cravings. But

dairy is hands-down the hardest thing to give up. There's an addicting substance in cheese!

RF: Yeah, and there are only one or two vegan cheeses that melt well. If someone wants to make a lot of money, they should go after that.



Any secrets to good vegan recipes?

KB: I really believe in spices. They can honestly bring dishes to another level. I mean, tofu alone doesn't taste like anything. But put it in a blender with seasonings, and you won't focus as much on what's missing.

What's the biggest challenge for vegan cooks?


RF: There's a learning curve. You need to know the substitutes — like there's an egg replacement product that does what eggs do, and you can use soy milk instead of cow's milk.

KB: There aren't that many vegan cookbooks out there. That's why we did the second book. We wanted people to know they could eat chocolate cake and meatloaf and still be vegan. JENNIFER BARGER (EXPRESS)

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